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McGuinty calls it quits

Proroguing parliament.

Minority provincial Liberals can't pass legislation to freeze the wages of nearly half a million public-sector workers

ALEX BOUTILLIER
& JESSICA SMITH
toronto@metronews.ca

Facing a deluge of criticism and charges the government misled the legislature, Premier Dalton McGuinty has asked his party to select a new leader.

McGuinty made the announcement at a snap caucus meeting in Toronto Monday night. He has asked Liberal party president Yasir Naqvi to convene a leadership convention at the "earliest possible time."

"I will remain as premier until that leadership convention," McGuinty said in a statement to his party. "And it will be my honour to continue to serve as the MPP for Ottawa South until the next general election."

McGuinty's last act before the announcement was to ask Lt.-Gov. David Onley to prorogue parliament, closing Queen's Park for months while the Liberals select a new leader.

In addition to providing time for that "renewal," it also effectively ends the opposition's daily opportunity to ask questions about the decision to cancel power stations in Oakville and Mississauga.

The government says that decision

Moving on

"I've concluded that this is the right time for Ontario's next Liberal Premier and our next set of ideas to guide our province forward."

Premier Dalton McGuinty, in a statement to the Liberal caucus

cost taxpayers \$230 million. But the opposition, suggesting the decision was political in nature, put that figure closer to \$650 million.

"It has nothing to do with that, and everything to do with a decision that Terri and I have made," McGuinty told reporters late Monday night. "It's time for us to return to our own lives, and it's time for me to make an effort to renew the leadership of our party."

His colleagues felt otherwise.

"I just don't see any reason why we have to end business here," said PC Leader Tim Hudak. "That means we're even taking longer to address the serious debt problems in the province."

"Proroguing is doing a disservice to this province," said NDP Leader Andrea Horwath, who urged the premier to reconsider.

McGuinty also did not rule out that he was going to run for the federal Liberal leadership.

WITH FILES FROM CANADIAN PRESS

FOR VIDEO, PHOTOS AND MORE REACTION TO PREMIER DALTON MCGUINTY'S SURPRISE RESIGNATION, VISIT METRONEWS.CA



Ontario Premier Dalton McGuinty embraces his wife, Terri, after announcing he's stepping down from his post in Toronto on Monday.

MICHELLE SIU/THE CANADIAN PRESS

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A night on the streets

T.O. executives 'sleep-out' for a good cause

Efforts to help Toronto's homeless youth have gone VIP.

Police Chief Bill Blair and Toronto Maple Leafs general manager Brian Burke are among more than two dozen executives who will sleep one night on the street next month to raise awareness.

It is part of a campaign organized by Covenant House, a private charity that supports homeless youth in cities across Canada, the United States and South America.

More than 100 executives have joined the fundraising campaign. About 30 of them will spend the night in sleeping bags on Covenant House's parking lot (on Gerrard Street East) on Nov. 15.

Carol Howes, program director at Covenant House Toronto, says thousands of youth from a wide variety of socio-economic backgrounds sleep on Toronto streets every year.

"What we're seeing with the kids that come to us is that it's very dangerous, and can be deadly to be on the streets," Howes said Monday.

So far, the sleep-out campaign has raised about a quarter of its \$230,000 goal.

Money raised from the event will go to funding Covenant House Toronto's services, which include shelter, meals, education, health care and counselling for homeless youth, Howes said. **THE CANADIAN PRESS**



Leafs GM Brian Burke
GRAHAM HUGHES/THE CANADIAN PRESS



The poster put up by Adam Zeller seeking the Good Samaritan who saved his brother-in-law's life is seen in New York on Thursday. BILL SMITH/FOR METRO

Family hopes they can track a good man down

Grateful. T.O. man's relatives seek Good Samaritan that saved his life in N.Y.C.



JESSICA SMITH
jessica.smith@metronews.ca

Jason Kroft's family has posters up around midtown Manhattan seeking the Good Samaritan who saved his life.

Kroft, a 40-year-old lawyer from Toronto, was visiting family in New York City on Oct. 5 and while walking on 45th Street with his wife and two young daughters he had a heart attack, said his brother-in-law Adam Zeller.

Quoted

"We want to find this Good Samaritan and thank him so much for saving Jason, and really saving his family from years of despair."

Adam Zeller, brother-in-law of Jason Kroft, a Toronto man who was aided by passersby after having a heart attack in New York City earlier this month.

"He grabbed his heart, fell to his knees and immediately went into cardiac arrest," said Zeller.

A minute later a male passerby put his briefcase under Kroft's head and started doing CPR, Zeller said. Two women helped by counting out chest compressions and other strangers helped console Kroft's upset daughters.

Kroft later had triple bypass surgery and hypother-

mic therapy, said Zeller. Doctors told the family the risk of brain damage from the heart attack was high.

"At first he was a little shaky, but now the doctors anticipate he's going to make a full recovery and they can't find any signs of brain damage," said Zeller. "It's really just a miracle story."

Zeller put up posters throughout midtown asking the Good Samaritan to call

him, but so far, no one has.

"We want to find this Good Samaritan and thank him so much for saving Jason, and really saving his family from years of despair," said Zeller.

The family is urging everyone to get CPR training, or brush up on their life-saving skills to make sure they're up to date.

"And for me personally, as a New Yorker, I'm very proud of my city," said Zeller.

"Part of the reputation of New York is that we're not the friendliest bunch of people, but when someone's got to do (the) job, New Yorkers were there to do it."



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1 NEWS

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Fundraiser dishing out a feast



Apart from 60 stations with sweet and savoury dishes and live music at the annual Eat to the Beat event, breast cancer survivors like Florianne Yeung, seen here at last year's event, will be corset models for the night to create an atmosphere organizers describe as "class with a bit of sass." CONTRIBUTED

Breast cancer. Women supporting women at annual Eat to the Beat event featuring chefs from across Toronto



PHOEBE HO
toronto@metronews.ca

A cornucopia of delectable treats will be turning Roy Thomson Hall into a foodies' utopia on Tuesday — and it's all for a good cause.

Dozens of women chefs from across the city will be gathering in the kitchen to serve up their best dishes for Willow Breast Cancer Support Canada at its 17th annual Eat to the Beat fundraising event.

"I think it really comes down to the fact that these women are supporting other women who are going through the challenges of breast cancer," says Wil-

Quoted

"We are ultimately what we eat. We do live in a society that's packed with stress, a lot of stressors, a lot of poor nutrition. I believe that these are some of the things that lead us to some of our modern-day diseases, so maybe we can turn that around a little bit."

Eat to the Beat spokesperson Donna Dooher

low's executive director, Jeff Beach. "A lot of these chefs have had experience (with cancer), either themselves personally or family and friends, so it's a very personal cause for them."

Corn-truffle gorditas and crostinis with caramelized pear and Woolich goat cheese will be just some of the dozens of mouth-watering selections at the event, which will not only raise money but also celebrate survivors.

Chef and event spokesperson Donna Dooher, from Mildred's Temple Kitchen,

has been involved since the very beginning after her sister was diagnosed with breast cancer. She says it's not just a unique opportunity for guests, but for chefs as well.

"There's a tremendous camaraderie that exists among culinary professionals, but there's never really anything I can think of that's particularly unique to the women who man the stoves in restaurants in the city of Toronto," she says.

Featuring live music and some great food, Dooher says it'll be the perfect

chance for people to let loose from their everyday lives.

"Eating is a big part of the healing process," she says. "We are ultimately what we eat. We do live in a society that's packed with stress, a lot of stressors, a lot of poor nutrition. I believe that these are some of the things that lead us to some of our modern-day diseases, so maybe we can turn that around a little bit and bring people back to a more relaxed environment."

Bolly cauli

- Chef Donna Dooher of Mildred's Temple Kitchen will be making her scrumptious dish, Bolly cauli, at the Eat to the Beat fundraising event on Tuesday. Dooher shared her recipe with Metro, and it can be viewed at metronews.ca.

Ease up on no-touch bylaw at strip clubs, say city staff

City council has been asked to loosen its strict no-touch bylaw in Toronto strip clubs, allowing for "innocuous" contact such as a handshake, but the industry's national advocacy body wants the laws scaled back even further.

"They haven't listened to us properly. What they're supposed to be prohibiting is sexual contact," said Tim Lambrinos, executive director of the Adult Entertainment Association of Canada.

"The recommendation still says a dancer can't sit (on a patron's lap). People are sitting on legs and laps at weddings. It's not con-

Fines

\$250

The current no-contact rule carries a \$250 fine for violators.

sidered an indecent act."

Following a seven-month review of Toronto's strip-club regulations, city staff are recommending that a bylaw that currently forbids all physical contact be changed to prevent dancers from sitting, touching or resting on patrons, or from making any physical contact "with breasts, buttocks, genital, pubic, anal

and perineal areas of a patron."

Staff say the proposed change maintains the intent of the original regulation but allows for benign contact.

In preparing their report, city staff consulted with adult entertainers, club owners and the Adult Entertainment Association of Canada.

Dancers told staff the current no-contact rule is unrealistic and can actually make it more intimidating to file a complaint.

The licensing and standards committee will review the findings Friday.

TORSTAR NEWS SERVICE



Dragonette says hello

The members of Dragonette appear on New.Music.Live at MuchMusic HQ on Tuesday to chat about their third album, *Bodyparts*. Two years ago, Martina Sorbara, left, the voice behind Canada's synth-pop trio, teamed up with French DJ Martin Solveig to write Hello, a massive club anthem. CONTRIBUTED/MUCHMUSIC

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Mayor Ford surprised with Gangnam Style treatment

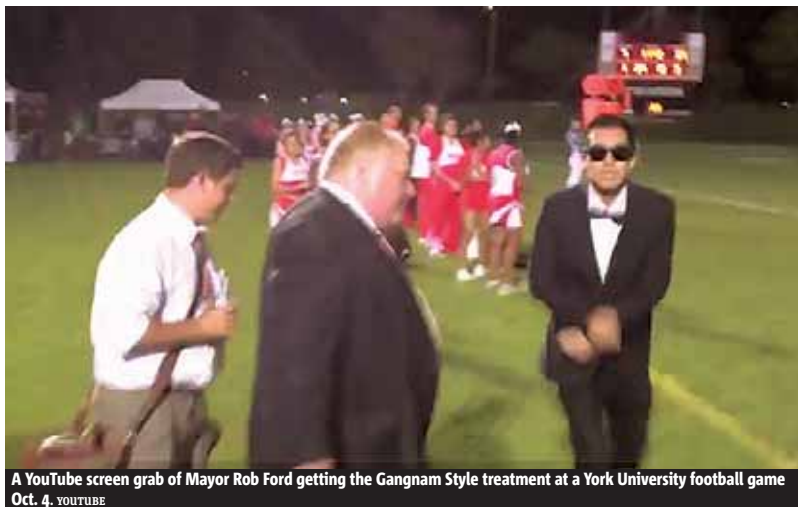
Half-time show? York student has made a widely-viewed homage of the Korean hit song

Mayor Rob Ford received the "Gangnam Style" treatment at a York University football game Oct. 4.

In a YouTube video posted Sunday, Ford smiles uncomfortably as a suit- and sunglasses-clad youth gyrates in front of him on the sidelines. The youth then moves on from Ford and is hoisted in the air by a gleeful cheerleading squad.

The video is the work of fourth-year York biology student David Kim, who first garnered attention for impersonating rapper PSY with a YouTube video posted in September.

Dressed in a black suit, bow tie, shades and red sneakers, Kim dances wildly at various locales around York University amid blank-faced students. The dance spots include a Tim Hortons countertop, an escalator and the hood of a car at a stoplight. **TORSTAR NEWS SERVICE**



A YouTube screen grab of Mayor Rob Ford getting the Gangnam Style treatment at a York University football game Oct. 4. **YOUTUBE**

Gangnam what?

The original Gangnam Style video by Korean rapper PSY debuted on YouTube July 15. It's become a worldwide sensation, with its dance moves inspiring online parodies and flash mobs.

- According to the Guinness Book of World Records, Gangnam Style holds the record for most "liked" YouTube video of all time.
- As of September, it had been liked over 2.1 million times. Its closest competitors, LMFAO's Party Rock Anthem and Justin Bieber's Baby, had only 1.5 and 1.3 million likes, respectively.

Jayesh's Law. Police chief backs 'gas and dash' bill

Police Chief Bill Blair says he supports a private member's bill to end "gas and dash" thefts that have cost two lives in Ontario.

MPP Mike Colle asked the Toronto Police Services Board on Monday to support his Bill 124, dubbed Jayesh's Law, which would force motorists to pre-pay for their gas at pumps across Ontario.

The board passed a motion supporting it, with Blair saying the bill would "save lives" and cut down on theft. The bill is named for Jayesh Prajapati, a gas station attendant who worked in Colle's

Eglinton-Lawrence riding at a Shell station. Prajapati was killed Sept. 15 when he was struck and dragged by a driver who filled his tank with \$112 worth of gas and fled without paying.

Colle told the board it's a "dirty little secret" that employees are often expected to pay for thefts. He said there were close to 1,600 reported gas-and-dash incidents in Toronto in 2011. His bill would require pre-payment and would impose penalties on employers who make attendants cover the cost of stolen gas. **TORSTAR NEWS SERVICE**

Arrests

Three charged for string of robberies

Police have charged three men in connection with a string of armed robberies earlier this year in Toronto.

Investigators say between Feb. 18 and June 1 robbers held up a barber shop, bank, jewelry store and cellphone shop. Police say they wore disguises and used a gun in the heists, making off with

an unspecified amount of money in each incident.

Twenty-two-year-old Erick Reid, 21-year-old Everton Downey and 21-year-old Jahvell McCoy face a total of 45 charges, including robbery while armed with a firearm, disguise with intent and unauthorized possession of a firearm. Reid also faces four drug charges and a single count of possession of proceeds of crime. **THE CANADIAN PRESS**

RICK MERCER REPORT

This week, Rick goes for a wild ride when he hops on the fastest roller coaster in the country at Canada's Wonderland.

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CBC

CEP-CAW merger. New 300,000-strong union could soon double in size

The labour movement is looking to become a political force again by creating Canada's largest private sector union that will seek to double its size by organizing new workplaces and opening up its ranks to non-traditional members.

The Communications, Energy and Paperworkers Union of Canada voted Monday to approve a merger with the Canadian Auto Workers, which gave its OK to the plan in August.

The new union will initially have more than 300,000 members across roughly 20 sectors of the economy, but CEP president Dave Coles

Occupy spirit

Union leaders said the new entity will try to capture the spirit of the student protests that gripped Quebec last summer, and the Occupy movement.

said he doesn't anticipate it remaining that size very long.

"Doubling that in a very short period of time is not unreasonable and it gives different voices to the debate and to the argument," he said during a news conference in Quebec City. **THE CANADIAN PRESS**

Beef recall

Other meat plant operating 'full out'

Amid questions about when XL Foods — the plant at the centre of a beef recall — will reopen, The Cargill plant in southern Alberta has ramped up production.

THE CANADIAN PRESS

Quebec inquiry

Illegal fundraising common: Witness

Former construction boss Lino Zambito said yesterday during Quebec's corruption inquiry that illegal fundraising was commonplace in the province's politics.

THE CANADIAN PRESS

Arrests made during Occupy anniversary

'Disturbing the peace.'

Demonstrators marching in downtown Montreal dispersed by riot-equipped police

Police made three arrests at a small demonstration Monday to mark the first anniversary of the Occupy Montreal movement.

About 50 demonstrators gathered in the downtown square across from the Montreal stock-exchange building where protesters set up their local camp a year ago. After occupying the square for about a month last fall, they were forcibly removed by police in November.

Reoccupied

50

About 50 demonstrators gathered in Montreal for the first anniversary of the Occupy Montreal movement.



Montreal police arrest a woman at a small demonstration that was held Monday to mark the first anniversary of the Occupy Montreal movement. **PETER RAY/THE CANADIAN PRESS**

One year later, people were back to make brief speeches and several dozen then marched through downtown streets, chanting along the way.

The protesters, many of them wearing black, and with their faces covered, disrupted traffic.

At one point, they tried to

enter the downtown offices of Quebec's Caisse de depot pension-fund manager, but the doors were locked. They also entered the offices of engineering firm SNC-Lavalin, but they were chased out of the building.

A few minutes later, riot-equipped police rushed the small crowd as it made its

way along Ste-Catherine street, one of the city's main downtown arteries. That's when the arrests were made.

A Montreal police spokesman says three people were charged under a municipal bylaw, with disturbing the peace, but were later released.

THE CANADIAN PRESS

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Russian investigation

Pilots in plane crash were drunk

Russia's investigative agency says both the pilots of a plane that crashed last month in Russia's far east, killing 10 people, were drunk.

The plane slammed into a forest on the Kamchatka Peninsula on Sept. 12. Ten of 14 people on board, including both pilots, were killed.

THE ASSOCIATED PRESS

Leaked video

Hulk Hogan suing over sex tape

Reality-TV star and former pro wrestler Hulk Hogan is suing a Tampa Bay-based disc jockey, the DJ's ex-wife and a New York media group over a sex tape.

Hogan says he was secretly taped six years ago having sex with the ex-wife of DJ Bubba the Love Sponge Clem.

THE ASSOCIATED PRESS



Hulk Hogan THE ASSOCIATED PRESS

Paris court

Man sentenced for attacking photog

A Paris court has convicted a 23-year-old man of attacking and injuring a photographer who had taken photos of a group of women who were breaking a new French law by wearing face-covering veils. The court sentenced Ymad Bilel Benouhab on Monday to 18 months in prison for the attack.

THE ASSOCIATED PRESS



Francesco Schettino, centre, the former captain of the cruise ship Costa Concordia, leaves the Teatro Moderno theatre in Grosseto, Italy, Monday, where the first hearings are taking place for the Jan. 13 shipwreck that left 32 people dead.

GREGORIO BORGIA/THE ASSOCIATED PRESS

Former cruise captain faces victims at court hearing

Costa Concordia shipwreck. Court convenes in Tuscan city to determine whether case will go to trial

Investigation report

Last month, four court-appointed experts delivered a 270-page report of what went wrong that night.

- **The experts.** Two admirals and two engineers lay most of the blame for the collision with the reef and the botched evacuation on Schettino.
- **Unprepared.** They also noted that not all crew members understood Italian, not all had current certification for evacuation procedures, and not all passengers had participated in evacuation drills.

The former captain of the shipwrecked Costa Concordia cruise liner came to an Italian court on Monday to hear the evidence against him, while passengers who survived the Jan. 13 collision in which 32 died showed up to look him in the eye.

Wearing dark glasses, Francesco Schettino used a back entrance to slip into a theatre in the Tuscan city of Grosseto that is serving as a courtroom. He made no comment to reporters outside.

The Concordia ran aground and capsized off the Tuscan island of Giglio after Schettino took it off course and brought it close to the island as part of a stunt.

Hearings this week will help decide whether a judge will order trial for Schettino, who is charged with manslaughter, causing the shipwreck and abandoning ship while passengers and crew were still aboard. He denies the charges. Any trial is unlikely to begin before next year.

More than 1,000 survivors, victims' relatives and their lawyers are attending the closed-door hearing to discuss the evidence against Schettino and eight other defendants, in-

cluding crew members and officials from Concordia owner Costa Crociere SpA, which is owned by Miami-based Carnival Corp.

"We want to look him in the eye to see how he will react to the accusations," said German survivor Michael Liessen, 50, who was attending Monday's hearing along with his wife.

Schettino has insisted that by guiding the stricken ship to shallower waters near Giglio's port instead of immediately ordering an evacuation he potentially saved lives. He has claimed that another official, and not he, was at the helm when the ship struck.

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Tussle over disclosure of documents at inquest

Ashley Smith. Lawyer alleges 'state coverup' at probe into teen's prison cell death

Federal correctional authorities are trying to stop public disclosure of videos and documents during a fight over the scope of an Ontario inquest into the prison death of a deeply troubled teen five years ago.

The motion to seal the materials — which a lawyer for the family of Ashley Smith called a “pure and simple state coverup” — threatens to further delay the already long-delayed probe.

“This is a classic example of the method of doing business by Correctional Service of Canada,” Julian Falconer, the Smith family lawyer, said Monday.

“Their first instinct is to seal up and hide from public view.”

Smith, 19, choked to death Oct. 19, 2007, in the Grand Valley Institution in Kitchener

Second inquest

The inquest under Dr. John Carlisle, slated to begin early in the new year, is actually the second one into Smith's death.

- **First inquest.** The first was aborted last year when the presiding coroner, Dr. Benita Porter, announced her retirement after months of acrimony and bruising legal battles.
- **Jurisdiction.** In its new motion, Correctional Service argues for sealing the video and other materials, which have been filed as part of a battle over Carlisle's ability to have doctors from outside Ontario testify at the inquest.

after repeated bouts of self-harm. She had spent much of her final year in solitary confinement being shunted from one prison to another.

THE CANADIAN PRESS

Efficacy questioned. Report calls for new, better flu vaccine

A new report says flu vaccine is not as effective as public health messaging suggests and new and better vaccines are needed.

The report suggests the current vaccines offer moderate protection some years and less in others.

The authors say the problem is that having vaccine that is deemed good enough is a disincentive for the industry to develop longer-lasting and more effective flu shots — especially given that better vaccines would likely cost significantly more.

The report of the CIDRAP Comprehensive Influenza Vaccine Initiative was written by public health experts at the Center for Infectious Diseases Research and Policy at the University of Minnesota.

The authors strongly advocate for major investments to develop new flu vaccines but say in the meantime, people should continue to use the currently available shots.

It questions many of the



A nurse injects a patient with a H1N1 vaccine during a flu shot program in Calgary in 2009. THE CANADIAN PRESS

dogmas that are accepted about flu vaccine, including that vaccinating children will protect the elderly, who don't mount a good immune response to flu vaccine.

As well, it says there is no evidence to support the idea that flu vaccine is more effective in years when the strains included in the shot are a good match for those circulating in nature.

THE CANADIAN PRESS

Public safety

Long-delayed gun-marking rules coming soon

The Conservative government that earlier this year killed the national gun registry now says placing serial numbers on long guns contributes to public safety by allowing police to trace them.

The Public Safety department says that, effective Dec. 1, long-delayed rules

on gun markings will come into force. The rationale for the move, says a government backgrounder, is “to contribute to public safety, by facilitating law enforcement investigations when the markings can be linked to information on the last legal owner of the firearm.”

But unlike the original 2004 regulations that have been postponed three times by the Harper government, the rules taking effect this year will not be enforced on gun makers.

THE CANADIAN PRESS

Perjury

Air India bomber asks court to review conviction

Inderjit Singh Reyat is asking the Supreme Court of Canada to overturn a perjury conviction for his testimony at the Air India bombing trial, further prolonging a saga that began with the deaths of 329 people in the skies over the Atlantic Ocean nearly three decades ago.

Reyat, who himself pleaded guilty to manslaughter for his role in the bombing, was convicted of perjury in September 2010 and later sentenced to nine years in prison — believed to be the longest perjury sentence in Canadian history. He was accused of lying 19 times during the 2003 trial of Ripudaman Singh Malik and Ajaib Singh Bagri, who were acquitted of mass murder and conspiracy in the bombing of Air India Flight 182 on June 23, 1985.

THE CANADIAN PRESS



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NDP motion targets bullying following B.C. teen's death

House of Commons.

New Democrat MP Dany Morin wants the feds to create a national bullying prevention strategy

When Dany Morin was being picked on in high school, there was no such thing as Facebook.

The taunting faced by teens these days is far worse than it was 20 years ago, the New Democrat MP said Monday as his motion calling for a national effort to fight the problem came before the House of Commons.

"Nowadays, with cyber bullying, with social media, it has gotten to a breaking point," said Morin, whose motion comes in the tragic wake of a bullying-related suicide that has captured the



New Democrat MP Dany Morin speaks with the media Monday.
ADRIAN WYLD/THE CANADIAN PRESS

country's imagination.

The death last week of Vancouver teen Amanda Todd has served to shine a spotlight on the problem and expose the urgent need for a solution, Morin said.

"It is a nationwide prob-

lem and it is, unfortunately, only growing with time."

The NDP motion calls for the creation of a House of Commons committee to develop a national bullying prevention strategy that would examine the prevalence and impact of bullying and look for ways to prevent it.

It's high time the federal government got involved in an effort to put a stop to bullying, said Queen's University psychology professor Wendy Craig.

"A national campaign needs to focus on relationships — relationships between parents and children, relationships between all adults who work or are involved with children and with youth-to-youth relationships," said Craig, the scientific co-director of Promoting Relationships and Eliminating Violence Network (PREV-Net).

THE CANADIAN PRESS



Standoff ends in arrest

A hotel guest leaves the Fairmont Pacific Rim Hotel in Vancouver on Monday. A 28-year-old Surrey, B.C., man was arrested after a 10-hour standoff with police at the hotel. A man with a gun walked in around 2:30 a.m., showed his weapon, sat down and waited.

JONATHAN HAYWARD/THE CANADIAN PRESS

Malala Yousufzai

Pakistani activist treated in Britain

A 14-year-old Pakistani activist shot in the head by the Taliban arrived in Britain on Monday to receive specialized medical care and protection from follow-up attacks threatened by the militants.

Malala Yousufzai was targeted by the Taliban for promoting girls' education. The attack horrified people across the country and abroad.

The Taliban have threatened to target Malala again until she is killed because she promotes "Western thinking."

THE ASSOCIATED PRESS

Islamists in Mali

Teen girl whipped in Timbuktu

A teenaged girl received 60 lashes in Timbuktu after Islamist extremists convicted her of speaking to men on the street.

The girl, about 15 years old, was allegedly caught standing alongside men by the Islamists of Ansar Dine who now run the area.

THE ASSOCIATED PRESS



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Travel Oct 26 - Nov 2/wg incl \$95 base + \$357 taxes & fees

Antigua **\$507**
Travel Oct 21 - Oct 28/ac incl \$198 base + \$309 taxes & fees

Aruba **\$517**
Travel Nov 3 - Nov 10/ac incl \$198 base + \$319 taxes & fees

St Lucia **\$595**
Travel Nov 4 - Nov 11/c6 incl \$258 base + \$337 taxes & fees

Honolulu **\$733**
Travel Dec 4 - Dec 11/aa incl \$598 base + \$135 taxes & fees

All-inclusive Vacations

Panama 7 Nights 4-Star
\$637

Royal Decameron incl \$329 base + \$308 taxes & fees
Departs Nov 12/nol/c6.

Varadero 7 Nights 4-Star **\$645**
Playa De Oro incl \$355 base + \$290 taxes & fees
Departs Oct 31/sgn/wg.

El Salvador 7 Nights 4-Star **\$702**
Royal Decameron Salinitas incl \$389 base + \$313 taxes & fees
Departs Nov 15/nol/c6.

Riviera Maya 7 Nights 4-Star **\$782**
Viva Wyndham Azteca incl \$425 base + \$357 taxes & fees
Departs Oct 26/swg/wg.

Jamaica 7 Nights 4-Star **\$845**
Sunset Jamaica Grande incl \$455 base + \$390 taxes & fees
Departs Oct 24/swg/wg.

Long Stay Vacations

Mexico Air + 21 Nights **\$1399**
Krystal Cancun incl \$1249 base + \$150 taxes & fees
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Florida Air + 21 Nights **\$1424**
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Montreal New Years, 3 Nights **\$144**
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Orlando Family Special **\$379**
Air + 6 Nights
Champions World Resort incl \$98 base + \$281 taxes & fees
INCLUDES accom near theme parks. Price per person based on family of 4. Departs Oct 12/ggv/wg.
ADD Walt Disney World Resort 4-Day Magic Your Way Base Ticket for \$273/adult, \$255/child (ages 3-9).

Miami Air + 3 Nights **\$554**
Marco Polo Beach Resort Ramada Plaza incl \$423 base + \$131 taxes & fees
INCLUDES Miami Beach accom. **BONUS** daily breakfast included. Departs Dec 10, 17/ggv/aa. **UPGRADE** to 5-star Ritz-Carlton Coconut Grove for \$15 per night.

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Circus Circus incl \$265 base + \$313 taxes & fees
INCLUDES accom on the Strip. Departs Oct 28/swg/wg.

Seasonal Vacations

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INCLUDES accom near the Old City during the Winter Carnival. Travel Feb 4, 11/ggv. **ADD** guided city tour for \$50.

Niagara Falls Halloween Family Special **\$64**
3 Nights
Ramada Niagara Falls taxes & fees included
INCLUDES accom near Falls Avenue. Price per person based on family of 4. Travel Oct 29/ggv. **UPGRADE** to 4-star Hilton Fallsview for \$11 per night. **ADD** city tour for \$93.

Prague Christmas Markets **\$1319**
Air + 7 Nights
Hotel Kavalir incl \$712 base + \$607 taxes & fees
INCLUDES accom near the Novy Smichov shopping and entertainment centre. **BONUS** daily breakfast included. Departs Dec 3/ggv/ac. **UPGRADE** to 4-star Hotel Neruda for \$26 per night. **ADD** hop-on, hop-off bus for \$30.



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Next U.S. presidential debate: Dos and Don'ts for Obama and Romney

Tuesday's face-off.

Debate professor Melissa Wade offers some tie-breaking advice to the president and presidential hopeful

ANTHONY JOHNSTON
Metro World News

The second U.S. presidential debate is on Tuesday night at Hofstra University in New York state. Can President Barack Obama return to form, or will Mitt Romney keep the momentum?

We spoke to Melissa Wade, debate professor at Emory University in Atlanta, on what the two candidates need to do if they want to come out on top.

Dos: "Smile and say 'I killed Osama'"

To do better than last time, all Obama needs to do is smile. "Obama was too passive but I believed he was coached in that way, so as not to appear condescending. Obama will need to be assertive without being too aggressive," Wade said.

For Obama to score highly, he needs to lay down a clear strategy — boosting the manufacturing industry, for example — "and he wouldn't hurt if he said, 'I killed Osama!'"



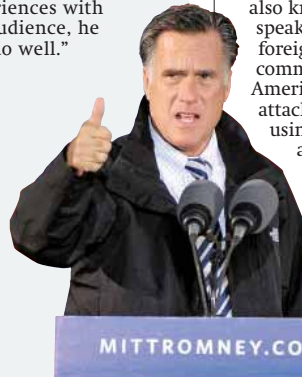
Don'ts: "Fumble, stumble, or act too humble"

Obama has recently been trying to portray himself as a humble guy with a dose of self-deprecation, calling himself an imperfect man. But Wade reckons this strategy makes no sense: "That's a stunning lack of judgment on his part to say such a thing."

Also key for Obama is simply looking straight at the camera: "He spent too much time in the first debate staring down at his notes — it looked as if he was asleep or disengaged."

Dos: "Open up, warm up, make it personal"

"Now Romney has a real opportunity to change his distant persona," Wade said. "He has been reluctant in the past to talk about his personal life, but if he goes on the offensive, opens up and shares his life experiences with the audience, he will do well."



Don'ts: "Talk too tough, act too conservative"

Foreign policy will be on the first agenda, and Romney can't be seen as too conservative. "Romney has to show he won't do anything dangerous in foreign policy as president," Wade said. "Romney is also known to mis-speak, especially on foreign policy. His comments on the American embassy attacks on Libya, using the attack as political fodder against Obama, was seen as inappropriate and still makes people nervous."

GETTY IMAGES

Cheesy stunt

Pizza Hut amends its own debate strategy

Pizza Hut is rethinking its contest daring people to ask "Sausage or pepperoni?" at Tuesday's U.S. presidential debate.

After the stunt led to criticism last week, the restaurant chain says it's moving the promotion online, where a contestant will be randomly selected to win free pizza for life.

Pizza Hut had offered the prize — a pie a week for 30 years, or a check for \$15,600 — to anyone who posed the question to either President Barack Obama or candidate Mitt Romney during the live debate.

But blogs and media outlets immediately criticized the chain for trying to capitalize on the election.

The blog Gawker wrote about the stunt under the headline, "Want Free Pizza Hut Pizza for Life? Just Make a Mockery of the American Democratic System on Live TV."

Pizza Hut says it will still honour the prize if someone poses the question live at the debate.

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Scotland moves step closer to breakup vote

Referendum deal.

Opinion polls show that only between a quarter and a third of Scots currently favour leaving the union

Scotland moved a step closer Monday to a vote on independence after Scottish and British leaders signed a deal laying the groundwork for a popular referendum that could radically alter the shape of the United Kingdom.

Officials from London and Edinburgh have been meeting for weeks to hammer out the details. Sticking points included the date and the wording of the question.

On Monday, British Prime Minister David Cameron met with Scottish First Minister



Britain's Prime Minister David Cameron, right, and Scottish Secretary Michael Moore leave St Andrews House in Edinburgh after a meeting on Scottish independence Monday.

ANDREW MILLIGAN/PA/THE ASSOCIATED PRESS

Alex Salmond in Edinburgh to approve the deal. No date

was set, but the vote is likely to be held in October 2014, as Salmond's nationalists had wished.

The Edinburgh Agreement means that the Scottish Government can now propose legislation on the precise wording of the question, the exact date, extending the vote to 16-year-olds, finance rules and conduct.

If Scotland does break away it will end more than 300 years of political union with England.

According to prepared remarks released by his office, the prime minister is expected to praise Scotland's two governments for coming together to deliver a "legal, fair and decisive" referendum that now puts the decision on a separate Scotland or a United Kingdom in the people's hands.

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He's a record-breaker from Austria, not Australia

Supersonic skydiver.

Austrian pride soars after Felix Baumgartner's legendary jump, and his fans at home want him to be known as one of their own

In tiny Austria, where souvenir shops do brisk business in T-shirts bearing the crossed-out image of a kangaroo, some hope skydiver Felix Baumgartner's record-breaking jump will mean that — for a while at least — people will stop confusing their country with Australia.

The daredevil Austrian not only became the first man to shatter the sound barrier without travelling in a jet or spacecraft, he also made the highest jump ever — a tumbling, death-defying plunge from a gossamer balloon floating in the stratosphere — before landing safely Sunday in the New Mexico desert.

But the pride felt here in the man known as "Fearless

Felix" goes beyond reminding the world that Austria is not Australia. It also resonates on a deeper level in a country whose positive achievements have often been overshadowed by its association with Adolf Hitler.

This nation of less than nine million people gave birth to Wolfgang Amadeus Mozart, Franz Schubert, Gustav Mahler and Sigmund Freud as well as scores of other Austrians who have left huge footprints across the centuries in music, politics, art and science. Its Alpine lakes and mountain peaks are immortalized in The Sound of Music, and its famed contemporary human exports include Arnold Schwarzenegger and Hollywood chef Wolfgang Puck.

But Austria is also frequently invoked as the birthplace of the Nazi dictator — and more recently as the home of Josef Fritzl, the man sentenced three years ago to life in prison for locking his daughter in a basement dungeon for 25 years and fathering her seven children.

Foreign media commentaries back then argued that there must be something inherently evil in a nation that can pro-



Felix Baumgartner, right, of Austria, shares a laugh with Col. Joe Kittinger, USAF retired, after successfully jumping from a space capsule lifted by a helium balloon to a height of just over 128,000 feet above the Earth's surface, beating Kittinger's old record of 102,799 feet on Sunday.

ROSS D. FRANKLIN/THE ASSOCIATED PRESS

duce both Hitler and Fritzl, prompting the government to declare that Fritzl's crimes were an "isolated case" that the country could not be held hostage to.

With such associations weighing heavily on their minds, many Austrians were happy Monday for a new local hero swelling the ranks of the nation's good guys.

Vienna resident Mahir Dizdarevic described Baumgart-

ner's stratospheric stunt as "good PR for Austria," adding with a laugh: "Let's hope we won't get mistaken for Australia anymore."

Peter Portugal, a fellow Viennese, also expressed his nation's pride. "He's Austrian, and I'm insanely happy that an Austrian did that," he said. "After all, he broke some records — and they will last for his entire life, my life and Austria's life."

THE ASSOCIATED PRESS

Israel. Multimillionaire put under house arrest

Israeli authorities have placed a multimillionaire celebrity rabbi with a strong American following under house arrest and banned him from travelling abroad as they investigate allegations that he bribed a high-ranking officer for access to his police file, police said Monday. Rabbi Yoshiyahu Yosef Pinto's legal saga took a dramat-

ic twist this week: investigators interrogated Pinto for three hours Sunday, police spokesman Micky Rosenfeld said, but cut short the questioning after news came that Pinto's wife — also questioned in the affair — had overdosed on pills and was rushed to the hospital. The Israeli media called it an apparent suicide attempt.

THE ASSOCIATED PRESS

Gauntanamo. Prisoners face military tribunal

Five Guantanamo prisoners charged in the Sept. 11 attacks returned before a military tribunal Monday, forging the protest that turned their last appearance into an unruly 13-hour spectacle.

But the apparent co-operation of Khalid Sheikh Mohammed, who has said he masterminded the worst terror attack on U.S. soil, and four codefendants did little to speed up proceedings that have stuck in a legal and political morass for years.

Prosecutors and lawyers spent hours arguing the most preliminary of issues,

including whether the defendants have to be in court at all, with one attorney saying the hearings may dredge up bad memories of their harsh treatment in CIA detention.

The five men sat quietly at the defence tables under the watchful eyes of military guards and several 9-11 family members at the U.S. base in Cuba. Mohammed, his beard dyed a rust colour with henna, serenely read legal papers. Two others responded politely to the judge when asked.

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Homophobia rampant online



Alberta researchers are tracking homophobic terminology being used on Twitter. OLI SCARFF/GETTY IMAGES.

No homophobes.

Website tracking homophobic remarks on Twitter reports staggering incidences of written attacks

Researchers at the University of Alberta who started a website to track homophobic remarks on Twitter are shocked by how frequent and vicious some of the attacks can be.

The site, nohomophobes.com, is a running reminder of homophobia rampant on the Internet, with counters marking the amount of times words like "dyke" and "faggot"

and phrases like "no homo" and "so gay" are used on Twitter. The most popular word, "faggot," has appeared on the social networking site more than three million times since the team started tracking data in July.

"We were surprised by the sheer volume of the language that was being used and in some cases about the vicious nature that the language is being used in," said Kristopher Wells, associate director of the Institute for Sexual Minority Studies and Services at the University of Alberta.

Cyber bullying was thrust into the spotlight last week-end in Port Coquitlam, B.C., after teenager Amanda Todd

took her own life after posting a video on YouTube chronicling months of bullying that started with online harassment.

Last year, 15-year-old Jason Hubley committed suicide after he was relentlessly bullied over his sexuality. Wells spearheaded the University of Alberta site as a way of highlighting casual homophobia on the Internet. It has become a wall of shame for cyber bullies, featuring a scoreboard showing how many times the words are used and posting the actual tweets beneath.

"I think seeing how often they are used maybe is a wake-up call," said Irene Miller, president of the Toronto chap-

ter of PFLAG, a charity that helps people struggling with sexual orientation or gender identity. "It's a reflection of society at large. Perhaps people feel it's not as harmful as saying it to someone's face and yet you are saying it to their face."

One day in August saw faggot used 45,236 times. Dyke was used 4,294 times, and the phrases "so gay" and "no homo" appeared 12,796 times and 9,318 times, respectively.

"It used to be with bullying that if you could run home fast enough and get to your bedroom and close the door, you were safe," said Wells. "Now that's not the case."

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Activists accuse Walmart's pork suppliers of mistreating pregnant pigs

Animal-rights activists protest outside Walmart in Alpine Township, Mich., on Monday. Mercy For Animals, a national U.S. non-profit, organized the protest to call attention to Walmart's pork suppliers, which they say confine pregnant pigs to small crates. CORY MORSE/THE ASSOCIATED PRESS

Housing. Suit alleges Morgan Stanley discriminated during subprime lending scandal

Morgan Stanley is being accused of discriminating against black homeowners and violating U.S. federal civil-rights laws by providing strong incentives to a subprime lender to originate mortgages that were likely not to be repaid.

The lawsuit, which seeks class-action status, was filed Monday by the American Civil Liberties Union and others on behalf of five Detroit residents and Michigan Legal Services. It was filed in U.S. District Court in New York.

The five homeowners in the lawsuit received their loans from subprime lender New Century Mortgage Corp., which has since collapsed.

The lawsuit claims Morgan Stanley pushed New Century to issue certain types of loans with no concern about risk, because it made its profit at the outset when the investment bank bundled the loans into securities and sold them.

"With this lawsuit, real victims of the subprime lending scandal are stepping forward to hold investment banks like Morgan Stanley accountable for the devastation the banks wrought in their lives and in our economy," ACLU Executive Director Anthony D. Romero said in a statement. Morgan Stanley did not immediately respond to an email seeking comment. **THE ASSOCIATED PRESS**

Market Minute

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102.04¢
(-0.07¢)

Natural gas: \$3.486 US (-12.5¢)
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 **TSX**
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 **OIL**
\$91.85 US (-1¢)

 **GOLD**
\$1,737.60 US (-\$22.10)

Mobile market

Telus revamps wireless fees

Telus is getting rid of some costly fees for its wireless customers. The Vancouver-based carrier says it will no longer be charging a \$35 activation fee for new wireless customers or a \$25 equipment exchange fee for renewing customers who purchase a new device.

But Telus says it will begin charging consumers \$10 on Nov. 1 for new SIM cards to cover the product cost previously included in renewal and activation fees.

Telus says a new SIM card, which lets devices work on its network, is only needed if customers don't have a compatible Telus SIM card.

The CRTC is asking Canadians for help to develop a national retail code that would cover smartphones and tablets to make contracts less confusing.

THE CANADIAN PRESS

What financial crisis? Global luxury sector sees third straight year of strong growth

Chinese shoppers at home and abroad are pushing global sales of luxury items to new heights, helping the sector post its third straight year of strong growth since the global recession.

A new study by Bain & Company released Monday forecasts the global luxury goods market for clothing, accessories, jewelry, cosmetics and art will grow

10 per cent this year to 212 billion euros (US\$274 billion) from 192 billion euros in 2011.

That would be the third straight year of double-digit growth following two years of contraction in 2008 and 2009, when many countries around the world slid into a deep recession following a banking crisis.

Claudia D'Arpizio, a Bain partner and lead author of the study for Italy's luxury trade association Fondazione Altgamma, called concerns about market weakness "overblown."

While the global economic crisis that began in 2008 has shown few signs of abating in pockets, particularly in Europe, the luxury sector overall has been in recovery since 2010, when high-end consumers resumed their easy spending habits.

Bain expects spending for the fourth quarter to increase by seven per cent in 2012 over last year, a period boosted by the Christmas gift-giving season.

The increase is being shored up by Chinese consumers, who this year became the top luxury buyers, responsible for 25 per cent of global purchases. By nationality, Europeans contributed 24 per cent to global sales, Americans 20 per cent and Japanese 14 per cent.

Tourists are expected to



A woman carrying a Louis Vuitton handbag walks along the Croisette during the Cannes Film Festival in May. Despite a shaky global economy, luxury goods are enjoying solid growth. GETTY IMAGES FILE

make 40 per cent of all luxury purchases this year, with the Chinese leading the way thanks to easier visa policies, Bain said.

Chinese tourists are making one-third of purchases in Europe, helping to shield the luxury sector from the ongoing financial crisis. **THE ASSOCIATED PRESS**



AU student Salma and daughter in Edmonton, AB.

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Family finances in worse shape than expected

Revised StatsCan data.

But new figures also show that Canadians have more assets than previously thought

Canadian households are even more in debt than anyone imagined, according to a revised Statistics Canada calculation that gives a more accurate picture of family finances.

The revisions place household credit market debt in the second quarter at 163 per cent of disposable income, well above the previously reported 152 per cent, although the two levels are no longer a direct comparison.

The new numbers remove non-profit institutions from the household category, giving a more accurate accounting of



A revised Statistics Canada calculation puts household credit market debt at 163 per cent of disposable income.
RYAN REMIOWZ/THE CANADIAN PRESS

family finances. The revision shows debt growth over the last decade that looks "eerily similar to the U.S. experience, just before their dramatic housing bust," said David Madani,

an analyst with Capital Economics. "Overall, this supports our bearish view that Canada's housing boom is unsustainable and the eventual correction, which we think is already underway, is likely to have ... material negative implications for growth," he said.

The revisions show a much steeper climb, with debt growing in each of the past six quarters. Madani doubts the news will cause the Bank of Canada to hike interest rates, saying that point has passed given the slowing housing market and still weak global economy.

There was some good news in the revised data. It turns out Canadians have more assets than previously thought, with per capita net worth rising \$7,900 to \$190,200 due mostly to an improved calculation of holdings in unlisted company shares. **THE CANADIAN PRESS**



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Ways to Pay off a Mortgage Faster

Become mortgage-free sooner with these tips.

There are several ways to reduce your mortgage debt and pay-off your mortgage faster. Some of these variables include: interest rates, payment frequency, amortization period, and extra payments. By managing these factors, you can get the most out of your mortgage, pay the least amount of interest possible and most importantly, becoming mortgage-free.

Choose a shorter amortization period: The longer the amortization period, the more

interest paid and the longer it will take to become mortgage-free. A shorter amortization period will make regular mortgage payments higher, as the number of mortgage payments is being reduced. If you're able to afford higher monthly payments, consider selecting a 15 to 20-year amortization period instead of a 25-year period.

Bi-weekly payments: Selecting biweekly mortgage payments instead of monthly or bi-monthly payments equals two additional payments each and every year. This may not seem like much, but over the course of your mortgage it adds up. For a small change, biweekly payments produce big results.

Additional payments: Paying more on your mortgage is always a good idea; particularly since any additional payment will go directly towards paying off the principle and not toward interest – which immediately and significantly reduces your amount owing. Look for mortgages that allow you to increase your monthly payment or pay in lump sums. Many mortgages allow this annually to a maximum of 20% of the principle. If you also need to build up your retirement fund then consider contributing all you are able to your RRSP and using your tax refund towards your mortgage for double the benefit.

Refinance: As mortgage rates fluctuate, consider refinancing your mortgage to lower

your payments and reduce the amount of interest. While refinancing, it may be a good time to reduce the amortization period and save even more.

Put it all Together. By combining the above techniques – shorter amortization, biweekly payments, additional payments and refinancing mortgage rates – you can save a significant amount in interest costs and cut your mortgage repayment.

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WHY CAN'T WE TAKE LOOKS OFF THE POLITICAL AGENDA?



SHE SAYS...
Jessica Napier
metronews.ca/voices/
she-says

With an imminent election happening south of the border, October seems like the perfect month to release yet another research report on the differences between Democrats and

Republicans. Last week, I found my eyes permanently rolled into the back of my head after reading about a recent U.S. study that compared the attractiveness of female representatives from both political parties.

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Shockingly, this "study" wasn't performed by a room full of frat boys but by actual researchers at the University of California. Using a computer modelling program, researchers measured various physical characteristics of the members of the House of Representatives to determine which party had more female politicians with "stereotypically feminine facial characteristics."

The results show that Republican women are "prettier" — and we're talking strictly on the outside here, folks — than their Democrat counterparts.

Stereotypically feminine facial features? What does that even mean? The entire concept of feminine beauty is a cultural construct, not an objective truth.

The study assumes an ideal kind of beauty determined by a completely subjective set of parameters that have been perpetuated for decades by a

media culture that favours full lips and narrow noses. The fact that Female A can be labelled as more gender-normative — and therefore more attractive — than Female B based on eye shape or forehead contouring is absurd.

This isn't science; it's sexism.

There are multiple layers of offensiveness at work here but the most troubling thing about this study is that we continue to invest so much time and effort into caring about what our female politicians look like.

We rarely (if ever) evaluate male politicians like beauty pageant candidates and yet the discourse around women in politics always turns to their physical beauty — or lack thereof. But what does the placement of cheekbones and eyebrow arches really have to do with an individual's capacity to do their job? Nothing.

No matter how much progress women make in terms of representation in politics, studies like this and the resulting media coverage encourage us to fixate on appearance — Hillary Clinton's pantsuits, Sarah Palin's hairstyle, Michelle Obama's toned arms — over policy.

And so, since the body politic has strayed so far from reasonableness, I am calling for funding to embark on my own equally ludicrous companion study comparing the penis size of male Democrats versus male Republicans. Because if we're going to focus on the physical, doesn't the public have a right to know who has the most "stereotypically masculine" body parts?

Follow Jessica Napier on Twitter @MetroSheSays



Strong-arm tactics? Michelle Obama speaks on stage during Day 1 of the U.S. Democratic National Convention on Sept. 4. ALEX WONG/GETTY IMAGES FILE

Orphan gets shoulder to lean on



PHOTOS BY DENIS FARRELL/THE ASSOCIATED PRESS

Pretty state of affairs

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Foundling rescue

Abandoned baby elephant finds welcoming home

A seven-and-a-half-month-old orphaned elephant named Moses cuddles with his adoptive "mother" and foundation owner Jenny Webb, at sunrise at their home in Lilongwe, Malawi. Moses was found alone and close to death in the Vwaza Wildlife Reserve. He has been adopted by the Jumbo Foundation, where he is cared for and is being raised by humans.

THE ASSOCIATED PRESS

Dogs and elephant show



Orphaned elephant calf Moses takes his daily walk with pet dogs Barney, left, and Bagheera, and adoptive 'mom' Webb, at their Malawi home on Oct. 8.

Trunk feeder

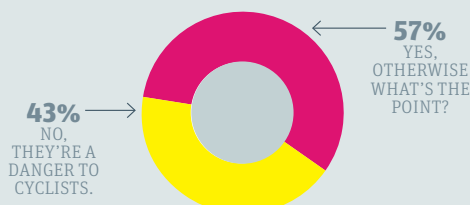
2

Number of feedings Moses receives every hour. Below, the orphaned calf takes one of his two hourly formula bottles.



Register at metropolitanpanel.ca and take the quick poll

Should e-bikes be allowed in bike lanes?



Twitter

@totochannel:

#Mcquinty trend full of people sighing with relief. On the + side we have f/t daycare, so what if the kids are sleeping 1/2 the time?

@dr3amserene:

thank God.. now our province can get back on the right track. #byebyedaltan #mcquinty #ontpoli #cdnpoli #tcot

@thelumberchick:

This is the best #McQuinty

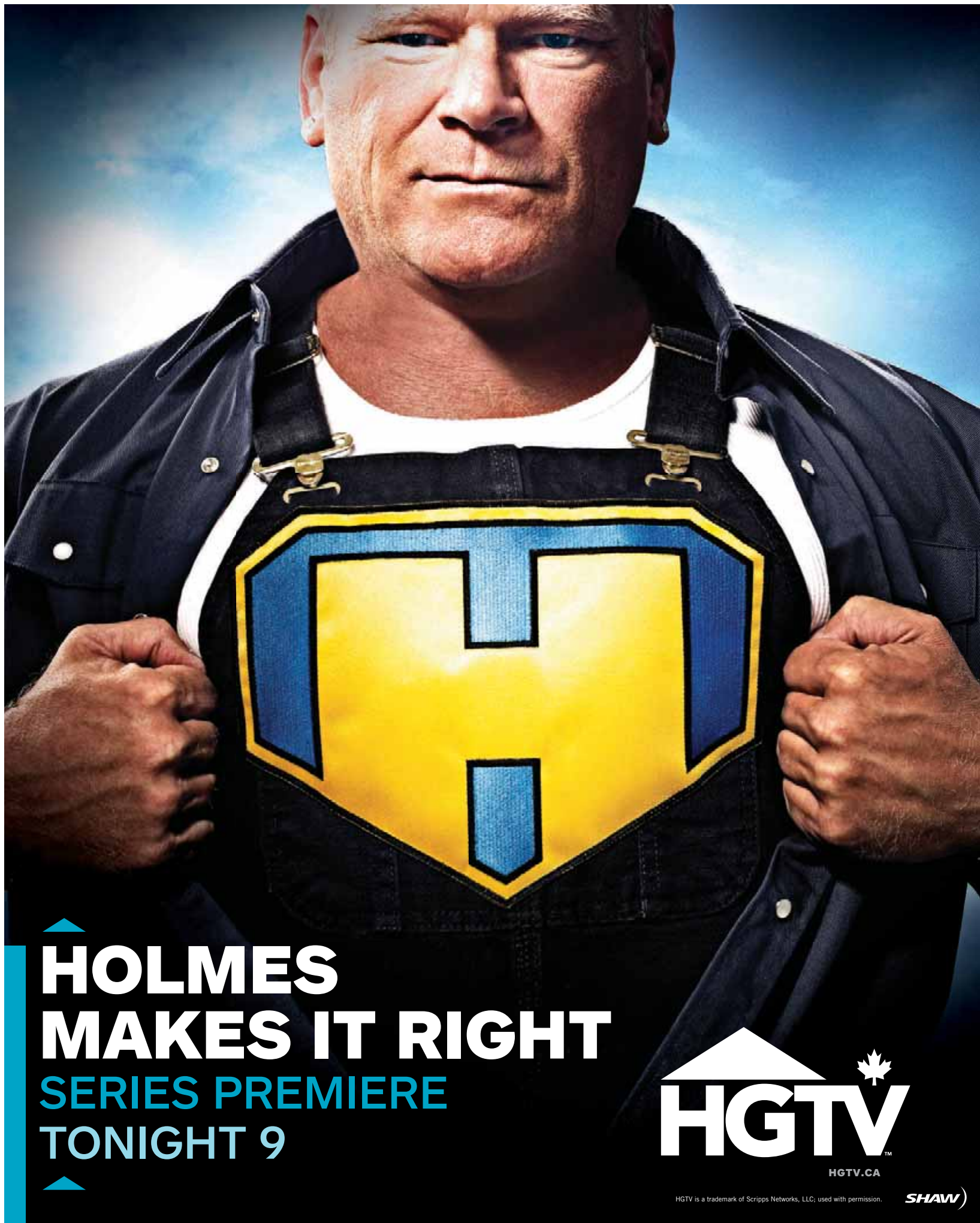
Monday ever!

@Andrew_PD:

Like I understand the Globe's need to make money, but surely there are more innovative ways than just a (relatively) high fee payroll...

@Gurbet_Torun:

We got a little taste of winter today in #Toronto #misssummer



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SHAW

Out of the Black puts a big light on Boys Noize

New album. Huge names jumping on board with Alexander Ridha as he continues his journey through the indie-music underworld

Alexander Ridha has made a name for himself. Performing under the name Boys Noize, he's been able to perform with the biggest names like Tiesto and Skrillex and collaborate with Snoop Dogg and Jarvis Cocker — all without major label representation. We caught up with Ridha at Electric Zoo in New York City to talk about his newest album *Out of the Black* and find out what influences him and keeps him going.

Out of the Black is coming out throughout October. What inspired you on this album?

One of the big parts of this album was really getting back since it's my third album. I was trying to get this feeling back when I first started producing.

Most of the time when you don't know what you are doing that's when the magic happens. I was really clearing my head and forgetting about everything that is going on right now and what is hot right now. It's a very personal album. I would say it's a mix of my first and second albums.

You have a lot of disco and hip hop influences. Is that what you grew up listening to?

I have a 10 years older brother, and at the end of the 80s he was buying all those early house records so



Boys Noize has been getting big name collaborations without big label help. DOUGLAS VAN SANT FOR ELECTRICZOOFFESTIVAL.COM

I was always into that, into real house music and rap at the same time, Run DMC and Public Enemy and stuff.

When I started to buy records I was buying both, like hip hop and house. The way I always mixed house music as a DJ was also more in a hip hop way. I was cutting music and loops.

Who would we be surprised that we listened to? The Bee Gees?

I don't have anything against the Bee Gees and Donna Summer, but that was more my mother's side. She was all in that disco stuff like chic.

What kind of hip hop did you listen to?

The old school stuff was kind of like Pharcyde or Wu Tang. When it came out, I was able to rap the whole ODB album, the first one.

Even though I didn't understand anything because I was German, I was rapping along! I stopped buying hip-hop records towards the beginning of 2000 because it got too much like jiggy, and it was only about like rims and stuff. But I was still a big fan of any Neptunes or Timbaland production, and of course Dre. And of course Snoop.

Speaking of Snoop Dogg — or Snoop Lion, I guess...

Not on my album. On my album he's Snoop Dogg! (Laughs)

What was it like working with him on Got It?

It was amazing. It was like a dream come true. I was always saying to myself, 'If I would be able to make a track for him, I could stop making music.' I grew up with his sound. It was cool. You know he wants to vibe

first so we hung out a little bit. In the beginning of this year we had the chance to record music together, hang out in his apartment and stuff. It was really nice and he's such a great guy.

What else can we look forward to from you besides your new album?

I'm going on my first live tour. I'm going to do a crazy production as well. It's going to be something I'm really, really excited about. I (started) the tour Oct. 6, and I'll be in the U.S. I think from Nov. 23. It's going to be crazy I told you.

I just wanted to make something new. I've been lucky to play all festivals with my CDs, and it definitely had a live element as well because I do a lot of improvisation or remix live on the go.

METRO WORLD NEWS

DVD reviews



Moonrise Kingdom

Director. Wes Anderson

Stars. Jared Gilman, Kara Hayward, Bruce Willis

This beautifully rendered enchantment by Wes Anderson and co-writer Roman Coppola reveals them to be two artists who are very much in touch with their inner rebel kid. *Moonrise Kingdom* transports us to the sleepy summer of 1965 and a New England island called New Penzance, where two 12-year-olds are on the run. Errant boy scout Sam (Jared Gilman) and curious girl Suzy (Kara Hayward), pen pals turned delinquents in the service of love, are fleeing Sam's bullying troop and Suzy's distracted parents. The two can't escape everything: a hurricane is fast approaching. As Sam and Suzy go native and explore their love — mild petting is shown but sex isn't — the adults, including characters played by Bill Murray, Frances McDormand and Tilda Swinton, run wild trying to round them up.

Extras include three making-of featurettes.

PETER HOWELL

2 SCENE

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Fall into these books

Endearing and touching biography

Dwarf: A MemoirBy Tiffanie DiDonato
Release date: Nov. 27

Many memoirs can feel voyeuristic at times, but not Tiffanie DiDonato's. *Dwarf* is her tale about growing up with a rare disorder known as diastrophic dysplasia and the surgeries she had to undergo to lengthen her limbs. DiDonato fought with courage and aplomb for the inches she gained — and the life she got because of it. It's not just a medical drama though; there is a sweet love story that flows under the disorder that anyone will be able to relate to.

Comic compilation from the U.S.

The Best American Comics: 2012

Francoise Mouly, editor
Release date: Out now

There's been a "Best Of" compilation of almost every genre of writing; why should comics get passed over? Curated by Francoise Mouly, this collection presents the best work from comic world icons and up-and-comers alike. It's a standout collection — even if the year isn't over yet.

Coming out

Born this Way: Real Stories of Growing Up GayBy Paul Vitagliano
Release date: Out now

This book is a touching compendium of LGBT people recounting how they came to realize they were gay and sharing their subsequent coming out stories with readers. The pictures of them in all their youthful fierceness make the book.

Second World War heroine

The Life of Objects: A Novel
By Susanna Moore
Release date: Out now

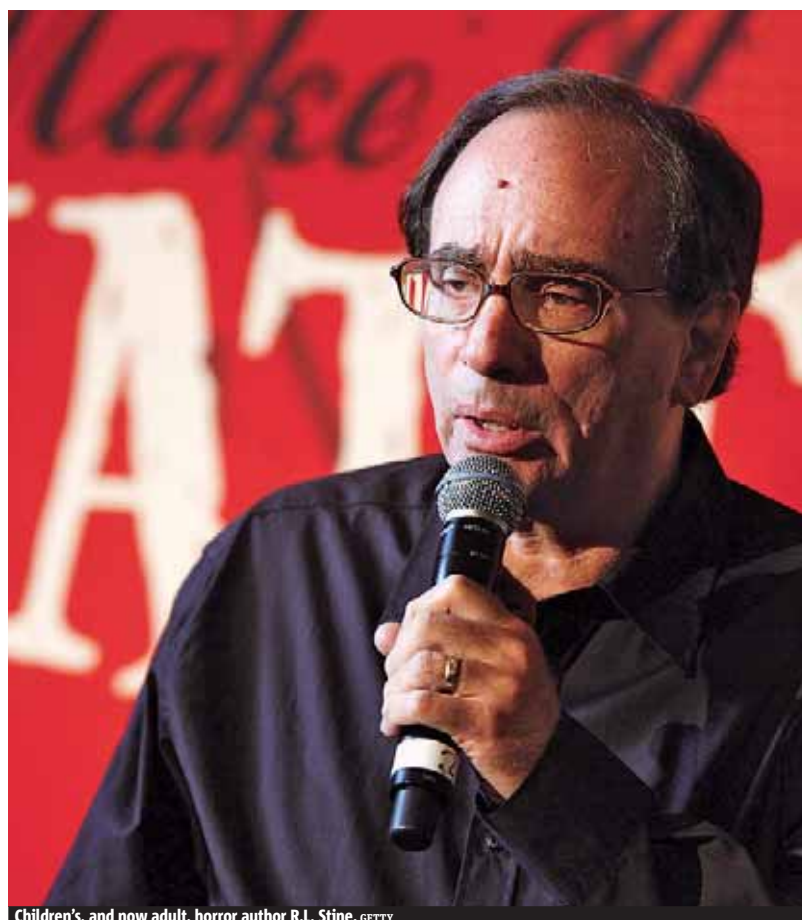
In her trademark tight, crisp, descriptive prose, Susanna Moore delves into the Second World War with her latest heroine, 17-year-old lacemaker Beatrice Palmer, who falls in with an aristocratic German family. It's a literary *Downton Abbey* — but without the slick TV sheen.

Obama under the microscope

The Oath: The Obama White House and the Supreme CourtBy Jeffrey Toobin
Release date: Out now

In his best-selling work, *The Nine*, Jeffrey Toobin examined our current Supreme Court with the heart-stopping intensity of a thriller. Now in *The Oath*, he tackles the Obama administration and its battles with the Court's conservative majority.

DOROTHY ROBINSON



Children's, and now adult, horror author R.L. Stine. GETTY

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Twitter plays catalyst as Stine finally takes on adult horror novel

Red Rain. Renowned children's horror author listened to social media followers and penned book for grown-ups about evil twin boys

DOROTHY ROBINSON
scene@metronews.ca

Twitter has been credited with a lot of things: The ousting of Egyptian president Hosni Mubarak, launching book deals (Sh-t My Dad Says), recounting what you had for lunch, etc. And here's one more gold star on the micro-blogging site's list of accomplishments: Getting famed young adult author R.L. Stine to pen a book for adults.

"I'm on Twitter all day long," says the engaging Goosebumps series author, only half-jokingly. "There are no kids on Twitter, but there are all these 20 and 30-somethings who grew up with Goosebumps."

These followers — which number around 60,000 — kept asking Stine if they'd ever be



able to read something from him that's a bit more age-appropriate. "I thought, 'Gee, I have all of these people out there,'" says Stine. "And I can't ignore my audience!"

So *Red Rain*, a very adult horror book — following orphaned twins adopted by a well-meaning travel author and her family who are unaware that they are evil incarnate — was created. But what does it mean that Stine, who spent decades writing books for kids, created two monsters who

were children?

"I thought people would find it funny," he says with a laugh. "Because I write about so many good children. The kids in *Goosebumps* are all good, fighting horrible evil. I thought people would find it ironic if I turned it around."

Red Rain is a tale of beautiful, otherworldly and, yes, evil twin boys who shoot laser beams out of their eyes. Making them twins was an intentional plot device for Stine.

"All twins are scary," he says. "They have been through time." Stine researched twins throughout the ages before starting to write the book. "People would separate them at birth because they were considered bad luck," he recounted. "And, of course, there have been lots of horror books and movies about evil twins, so I'm carrying on the tradition."

It's a big year for Stine. Not only is *Red Rain* out today, but it's also the 20th anniversary of *Goosebumps*, one of the best-selling children's series of all time. Just how popular is the series? There have been more than 300 million books sold.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kourtney, keep an eye on your guy



THE WORD
Dorothy Robinson
scene@metronews.ca

Non-newsflash: Scott Disick is apparently a terrible person, according to a new story by The Daily's Flash.

The site reports that during a boys' night out at the Vista Lounge in the Mohegan Sun Casino, Kourtney Kardashian's baby daddy was spotted canoodling with a "hot blonde" and acted "incredibly mean" to his waitress.

"His arm slung cozily

around a hot blonde with her hair in a topknot, Disick seemed to be loving the bachelor lifestyle," The Daily's Flash reported about his questionable actions.

"Scott was so incredibly mean," his bottle waitress was overheard saying. "He literally ripped the bottle out of my hands when I came to the table and later, he and his friends were just dumping drinks on me. I'm glad to be done with their table for sure."

Another eyewitness told the site, "It seemed so obvious his relationship with Kourtney is for show."

If I were Disick, I'd watch out. If he blows the carefully-crafted illusion that he and Kardashian are still a couple I'm pretty sure he'll one day soon wake up next to a horse head, courtesy of Kris Jenner.

Twitter



@chriscolfer

Guess I can't send 300 friends links to weight loss pills without it looking suspicious anymore. Maybe I wasn't hacked, maybe I just care.



@JulietteLewis

Do u realize Jack White, Neil Young, Bob Dylan are all playin Tulsa while Im there next 2 months working on a movie?? #TheUniverseProvides



@BetteMidler

Back to the guitar. Slow going and rough sledding. Am starting to sound like an elderly pioneer crossing the plains. Next, a bonnet.

Pitt the pusher? Brad says he could nab you the bad stuff

If you're looking to get high, Brad Pitt can hook you up.

"It's certainly true that I could probably land in any city, in any state, and get you whatever you wanted. I could find anything you're looking for, give me 24 hours or so," Pitt said, criticizing the U.S. war on drugs while introducing a screening

of The House I Live In, a documentary about drugs in America, according to Us Weekly.

"And yet we still support this, I have to say, this charade called the drug war." That being said, though, Pitt says he doesn't currently imbibe himself. "My drug days are long since past," he admits.

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3
LIFE

Why you get adult acne

Skin care Are zits ruining your life? Experts tell us why we're never too old for a breakout.

ROMINA
MCGUINNNESS
life@metronews.ca

Did you just call in sick after noticing a big fat spot on your cheek? Bail on your super hot date?

"Acne equals ugly. It's a social stigma," Dr. Kathy Fields, founder of Proactiv skin care tells Metro.

But why?

"There's nothing more hurtful to the ego than being an adult with issues of a teenager," says Dr. Paul Jarrod Frank, cosmetic dermatologist. "It affects their ability to be successful at work and to have physical and emotional relationships. If their skin doesn't look good, they'll cancel social plans."

"Teens get acne on their nose, cheeks and forehead during puberty. In adults, it tends to appear along the hairline, chin and neck, and is caused by hormonal changes and stress," explains skin scientist Dr. Ava Shamban.

How it forms

Fields explains how the process is the same whether you're a teenager or an adult, male or female.

"All acne is hormonal but the process of a plug in the pore, the overgrowth of bacteria and the resulting inflammation (mild or severe) is genetic," Fields said.

Why it forms

Most likely: your hormones have gone haywire

Whether it's stress, diet, PMS or pregnancy, hormonal imbalance is the main



The 25-year-old 90210 actress AnnaLynne McCord recently embraced her blemishes by posting a picture of herself on Twitter with no make-up. GETTY IMAGES

reason why an adult gets acne.

"The first thing I want to know if a patient has acne is, what's going on with their hormones?" cosmetic dermatologist Dr. Elizabeth Tanzi tells Metro.

"Acne forms when an excess of male hormones called androgens (which occur in both men and women) stimulates the sebaceous glands to produce

extra oils," explains Shamban.

The sticky oil creates a plug under which bacteria begins to grow. The body's response with inflammation is the spot that shows up on the surface of the skin about two weeks later.

Very likely: you're stressed out

"Stress can trigger heightened levels of andro-

The stat

"30 to 50 per cent of adult women have acne."

Dr. Kathy Fields, founder of Proactiv
Speaking about the issues that adult women have.

gens, triggering breakouts. Cortisol (the stress hormone) and other adrenal steroids can stimulate the sebaceous glands, resulting in acne flare-ups," warns Shamban. "Cortisol is going to pump any time you are experiencing a stressful moment, whether that's a text from your crazy ex or getting promoted."

Less likely: it's your unhealthy lifestyle

Adults are desperate to find out why they have acne. Is it their diet, exercise, stress?

"Lifestyle is never really the cause, but it doesn't help," explains Frank.

"When we stress, we crave junk food and carbohydrates — another response to the rise in cortisol — which can trigger acne," says Shamban.

But according to Fields, the newest acne culprit may be (genetically modified) wheat.

"One theory is that the protein in wheat-gluten is very toxic to the gut. This could be causing extra inflammation in the body, which then translates into anything from headaches to acne."

Even less likely: mechanical rubbing

Acne mechanica is when inflammation from chronic rubbing leads to acne.

"We touch our face up to 12 times an hour. Resting your chin on your hand at work, pressing your cellphone on your chin, or wearing tight

clothing could be the cause," says Shamban.

Now fix it

Adult acne is treated differently to teen acne.

"Adults are breaking out but their skin isn't that oily. Classic treatments prescribed to teens irritate adult skin," says Tanzi.

You need to be more aggressive, adds Frank.

"Make a teenagers skin 50 per cent better and it's a success. Make an adult's skin 50 per cent better and they're still miserable."

Medicate

"You can't change your hormones if you're a man but for women, we can consider birth control pills to suppress sebum-triggering androgen production in the ovaries or anti-androgens to reduce sebum production," says Fields.

Make the right lifestyle choices

"When my patients go strict with no carbs and no dairy (they don't cheat and go gluten-free) and stick to fruit, vegetables and protein, their skin improves," says Fields.

According to Shamban, a diet high in vitamin A and beta-carotene helps.

"Sweet potatoes, apricots, kale or spinach increase your resistance to bacteria. Exercising also helps as it breaks the inflammation cycle in the body."

Clean, exfoliate and hydrate your skin

"Choose an AHA-based cleanser to clear dead skin and act as anti-inflammatory. Hydrate with a non-comedogenic moisturizer because if skin becomes dry, it will produce more oil and heighten breakouts," says Shamban.



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One cell at a time

Health technology.

Tiny probes now capable of identifying serious illness on a microscopic level

BEN KNIGHT
life@metronews.ca

Cancer is an enormous problem — one that begins at the microscopic level. If one cell in a hundred-trillion becomes cancerous, that could herald the onset of a catastrophic illness.

Pretty much anything is treatable at that level, but traditional diagnostic medicine simply can't get there that fast.

But a stunning new technology has created tiny probes, actually capable of finding and identifying illness — one cell at a time.

"These probes allow you to look at the cells inside the G.I. tract — the colon, stomach, esophagus, the bile ducts and pancreatic ducts," says Dr. Michel Kahaleh, professor of clinical medicine at Weill Cornell Medical College.

"You finally get the one-stop shop. You come, you get a diagnosis, and you're treated the same day. A patient will be more relieved to know that they don't have



New technology is allowing for same-day diagnosis. ISTOCK PHOTOS

cancer — or that it can be treated faster if they do."

The probes use an innovative technology called confocal laser endomicroscopy.

While not actually microscopic themselves, they can be threaded through tiny bodily structures, and have the imaging power to isolate — and explore — single human cells.

"To be able to see those cells, you inject fluorescein," Kahaleh explains. "Normal cells remain clear. Abnormal cells can barely take it, and become very dark. Dark is bad."

Effectively, the probes perform the equivalent of a biopsy, but no samples of flesh have to be torn from the body. This means affected cells can be examined in context, giving

a vastly clearer picture of what's actually happening at the cellular level.

"I've had patients who went to surgery earlier because of this technology. I've also had patients where we prevented surgery that was not necessary."

Many current cancer tests can produce false positives causing all kinds of anxiety.

These create enormous stress, wasting precious time and resources treating patients who are perfectly healthy.

This new technology has the potential to sharply reduce errant results.

"In the future, if this is fully validated, it will replace biopsy," Kahaleh concludes. "It can provide an immediate ability to get a diagnosis."

Best Health

Answers to the tough questions



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

In Best Health magazine, we regularly answer every-day health questions.

Here are a few from the

October issue, on newsstands now.

Is having a broken heart a genuine medical condition?

Yes. Doctors have shown that people who have had severe emotional trauma, such as losing a loved one, sometimes develop a condition known as stress cardiomyopathy, also called broken heart syndrome.

The condition causes a ventricle, or cavity, in the

heart to expand, though it is rarely fatal.

Are contact lenses safer than laser surgery?

No. A review of several large studies found a greater risk of vision loss with contact lenses (due to infections, corneal scratches, etc.) than with laser correction surgery.

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This soup is an all-time favourite — it's not only delicious, but also quick to make.



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Spray non-stick wok with cooking oil. Add the chicken and cook over medium-high heat for 4 minutes, or until the meat is barely cooked through. Add the ginger and garlic and cook for 1 minute. Set aside.

2. Bring stock and soy sauce to a boil in a saucepan. Add the noodles and return to a boil. Reduce the heat to medium-high and cook for 4 minutes, or until the noodles are tender. Add the bok choy, snow peas and shrimp. Cook for 2 minutes, or until the shrimp are pink and the snow peas are tender-crisp.

3. Add the chicken, bean sprouts and green onions. Cook just until heated through. Ladle into individual bowls and garnish each serving with a drizzle of sesame oil and a sprinkle of parsley. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Ingredients

- 4 oz skinless boneless chicken breast, diced
- 2 tsp each minced fresh ginger and garlic
- 6 cups chicken or beef stock
- 2 tbsp low-sodium soy sauce
- 6 oz fresh udon noodles
- 2 cups sliced bok choy
- 1/2 cup sliced snow peas
- 6 oz raw shrimp, peeled, deveined and chopped
- 1 cup bean sprouts
- 2 green onions, chopped
- 2 tsp sesame oil
- 3 tbsp chopped parsley

Health Solutions

The Seedy Truth



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Magnesium is a mineral that your body needs to regulate muscles, heart rate and help build bones.

It is a crucial nutrient that often gets overlooked but you need, on average, 400 mg each day. It is found in oat bran, buckwheat and artichokes (you eat loads of those foods, right?). Maybe this is why most North Americans are believed to be magnesium deficient.

Your best bet for boosting intake is to go to seed. Sprinkling these high magnesium nuggets on every salad, pasta, stew or soup will get you much closer to your optimal intake.

Check out these super seeds (approximate mg of magnesium per shot glass):

- Sunflower seeds: 91 mg
- Sesame seeds: 97 mg
- Flax seeds: 110 mg
- Chia seeds: 118 mg
- Pumpkin seeds (green): 150 mg

This brings a whole new meaning to the word "seedy." Protecting each and every cell in your body is better served when you behave like a bird.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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ADVANCING GENERICS



JUPITERIMAGES/POLKA DOT/THINKSTOCK

There's a reason rewards programs are so popular. In return for signing up for a free rewards account with a company, a consumer can gather points, take advantage of deals and garner rewards — sometimes major ones.

Unfortunately, the popularity of rewards programs means it can be confusing

to evaluate the choices. How do you know which ones will work best for you?

According to Patrick Sojka, founder of the Rewards Canada, a website specializing in travel rewards programs for Canadians, consumers need to look at their spending habits, travel plans and reward goals when choosing a reward program.

Here's what to consider:

TIME SPAN

How you earn your points should depend on when you are going to want to spend them.

If you are planning a home renovation in two years, consider which credit card

and loyalty program would be best for providing for your renovation needs. "Do you want to buy everything at Rona to earn Air Miles® and have an Air Miles® credit card to double dip?" Sojka says. "The same goes for the reward side."

CONSIDER YOUR PRICE RANGE

For less expensive vacations, Sojka suggests thinking about getting a travel points credit card that offers the flexibility of booking any airline or hotel with partial redemptions. On the other hand, if you are looking to go all out, flying first class or getting that over-the-water bungalow in Bora Bora, then an airline frequent flyer and/or hotel frequent guest program might be more your style, he says.

GET TO KNOW YOUR PROGRAM

You might be surprised at some of the benefits your reward program offers, says Andy Wright, president of the Air Miles® Reward Program. Air Miles® offers reward miles for online shopping at many Canadian and American retailers including Bloomingdale's Anthropologie and Indigo. (Visit airmilesshops.ca for details.)

"LIKE" YOUR REWARDS PROGRAM

Sometimes the best way to stay in the loop about points earning opportunities is to "Like" the Facebook page of your rewards program, Wright says. The Air Miles® Facebook page is regularly updated to provide news on current promotions and offers to help collectors earn faster.

EASY TO EARN OPTIMUM POINTS FASTER

RBC ROYAL BANK, SHOPPERS DRUG MART NOW OFFERING BANK ACCOUNT, CREDIT CARD

Now you can earn Shoppers Optimum Points faster than ever. That's because RBC Royal Bank and Shoppers Drug Mart have partnered to offer a banking account and a credit card that give Shoppers Optimum members what they really want — more points!

NEW RBC SHOPPERS OPTIMUM MASTERCARD WITH NO ANNUAL FEE

Imagine earning 15 Shoppers Optimum Points for every dollar you spend on the RBC Shoppers Optimum MasterCard at Shoppers Drug Mart stores. Present your Shoppers Optimum loyalty card when purchasing eligible items and you'll earn an additional 10 Shoppers Optimum Points per dollar.

You can build up Shoppers Optimum Points shopping at other places too. Use

your RBC Shoppers Optimum MasterCard outside of a Shoppers Drug Mart and you'll earn five Shoppers Optimum Points for every dollar spent.

As a welcome bonus, your first purchase with your RBC Shoppers Optimum MasterCard is worth a cool 15,000 Shoppers Optimum Points. Not bad.

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NEW RBC SHOPPERS OPTIMUM BANKING ACCOUNT

Prefer to shop with a debit card? The

RBC Shoppers Optimum Banking Account lets you earn 10 Shoppers Optimum Points for every dollar spent at Shopper Drug Mart stores. Present your Shoppers Optimum loyalty card on eligible purchases, and you'll earn another 10 Shoppers Optimum Points per dollar on top of that. That's double your earnings!

You'll also earn a Shoppers Optimum Point for every dollar spent outside of Shoppers Drug Mart. And just for opening your RBC Shoppers Optimum Banking Account and completing some criteria, you'll earn a bonus of 50,000 Shoppers Optimum Points. That's enough to redeem \$85 worth of products at any Shoppers Drug Mart store.

There's another benefit — an RBC Shoppers Optimum debit card gives you

access to Canada's largest network of ATMs, including more than 250 already installed in Shoppers Drug Mart and Pharmaprix locations, with an additional 50 to be installed by the end of 2012. Some of these

locations are open until midnight, or even 24 hours. That means you can do most of your banking in a bright and secure environment after regular banking hours.

Thanks to the Shoppers Drug Mart and RBC alliance, you now have more ways to earn Shoppers Optimum Points.

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PUTTING POINTS TO GOOD USE

So you have earned enough points from your rewards program to fly around the world twice. Assuming that's not an option, how do you decide what to do with your points?

One of the big bonuses of rewards programs is free stuff, says Patrick Sojka, founder of the Rewards Canada, a website specializing in travel rewards programs for Canadians.

Collectors can redeem their points for anything from travel to merchandise to cold, hard cash. Many stores and credit cards offer rewards or belong to a larger reward program, so there is a huge variety of rewards available to redeem.

TRAVEL REWARDS

Most travel reward programs (frequent flyer, frequent guest or credit card-based programs) allow you to redeem for flights, hotel stays, car rentals and other bonuses, Sojka says.

Travel reward programs and frequent flyer and frequent guest programs, in particular, have elite levels that provide such perks as priority check-in, upgraded rooms, lounge access and numerous other

COALITION PROGRAMS

A coalition reward program is a program that has many places to collect miles or points and has a large catalogue of rewards in which to redeem those points or miles. Two of these programs that Sojka recommends in Canada are Aeroplan and Air Miles®. Consumers can earn miles with credit cards, everyday shopping, travel, financial services and more. "No other programs in Canada can provide the earning or redeeming coverage of these two programs," Sojka says.

benefits that someone who is not part of the program or not at an elite level within a program would not have access to.

Other credit cards that fall into the "travel points" category allow great flexibility in redeeming, giving collectors the option of using their points for a portion of their airline, hotel or other charges.



CREATAS/THINKSTOCK

MERCHANDISE REWARDS

Most programs have created reward catalogues with merchandise and gift cards for which people can redeem. "Merchandise can range from \$10 gift cards to Harley-Davidson motorcycles worth tens of thousands of dollars," Sojka says.

Some shopping programs give their members early access to special sales or member-only sales.

Some credit cards give you similar perks, for example Holt Renfrew American Express card members receive

advance notice of sales, new items and exclusive offers.

FINANCIAL REWARDS

"Over the past few years cash-back credit cards have taken off in Canada and they reward their users with cash back on their spending," Sojka says. "Depending on the card, where you shop and limited time offers, you can earn up to five per cent back on your spending. Other programs have financial rewards like RRSP or RESP contributions."

INNOVATIVE NEW REWARDS PROGRAMS

As established rewards programs have become seasoned over the years (this year marks the 20th birthday of Air Miles®), they have sussed out the best ways to deliver what customers want.

But as the market changes, established and fresh-faced rewards companies change with it, offering innovative new programs to serve consumers' needs.

Most of the new reward programs are shopping based, says Patrick Sojka, founder of Rewards Canada, a website specializing in travel rewards programs for Canadians.



FRESHPOINTS

As technology improves, new opportunities to offer rewards points open up. This was definitely the case with Freshpoints, a new iPhone based rewards grocery

shoppers, Sojka says. The program awards points to iPhone users when they scan a specific product with their phone. Then Freshpoints offers even more points if the consumer purchases the product.

CARDSWAP

Here is an example of an established company that changed its business model to suit the changing retail landscape. Cardswap used to sell gift cards cheaper than face value. It has now shifted its focus and increased customer engagement by offering gift cards at face value, but with useful rewards for those who purchase Cardswap gift cards frequently.

AIR MILES® CASH

Another example of an established



rewards company that's upping its game to meet the needs of its customers. As of earlier this year, Air Miles® collectors can choose to earn miles towards a cash balance, says Andy Wright, president of the Air Miles® Reward Program. That is, shoppers can redeem their points instantly at checkout at particular sponsor locations across Canada.

"We really listen to our collectors and we found that an increasing number were looking for an instant redemption option," Wright says. With Air Miles® Cash, 95 reward miles can be redeemed for \$10

off in-store at participating sponsors across the country, including Shell and Rona.



BEYOND THE CATALOGUE PAGES

Going beyond the travel-merchandise-financial rewards trifecta, Air Miles® is now expanding its rewards program to offer one-of-a-kind experiences to Air Miles® collectors. In Toronto this November, Air Miles® will launch a series of exclusive events for food lovers, giving them a chance to interact with some of Canada's top chefs and mixologists, including Mark McEwan, David Adjey and Frankie Solarik.

Collectors can find a list of participating retailers in their province at airmiles.ca/Cash.

Despite the addition of this new program, collectors can still redeem their Air Miles® for Dream rewards, including travel and more than 1,200 items in the Air Miles® Dream catalogue, Wright says.

AIR MILES® Cash

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†You can redeem AIR MILES reward miles in the AIR MILES Cash balance of your AIR MILES Collector Account in increments of 95 reward miles for \$10 off your purchases at participating AIR MILES Sponsor locations to a maximum of \$200 per day. Visit airmiles.ca/cash to learn more. You must have accumulated sufficient reward miles in the Cash balance of your Collector Account in order to redeem reward miles towards your purchases at participating Sponsor locations. All Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. For complete details, visit airmiles.ca. ©Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor and Supplier trademarks are owned by the respective Sponsors and Suppliers or authorized for their use in Canada. Coin image © 2012 Royal Canadian Mint - All Rights Reserved.

ON THE GO WITH TRAVEL POINTS

STARWOOD PREFERRED GUEST CARD FROM AMERICAN EXPRESS ALLOWS FOR ADVENTURE

Daniel Sendecki and Kathryn St. Jean of the adventure travel blog Two Go Round-The-World have lived abroad and backpacked together across the continents. In the past, the globe-trotting couple's travel style was all about roughing it, but these days their focus is on including some everyday comforts.

With the recent addition of their daughter, both Daniel and Kathryn realized that their travel style had to change. Travelling with a baby means they are now looking for a little more comfort and convenience, rather than a hammock by the sea.

Throughout the years, the one thing that has remained consistent has been the travel rewards program they use. Since 2009, they have been collecting travel points on their Starwood Preferred Guest Card from American Express.

"We have always used our card for all of our purchases to help us rack up points

to fund our travels, and now with the added expenses of a baby we're continuing to collect points, just more quickly," Daniel says. "Our needs have evolved and the SPG Card has grown along with us."

Although they have traded in their backpacks for suitcases that accommodate diapers and bottles, the one thing that Daniel claims the couple was unwilling to give up is the character that one's accommodation can impart when travelling. The SPG program allows them to choose from more than 1,000 hotels and resorts in nearly 100 countries — including many destinations that they have on their bucket list of travel adventures.

"We're now looking for accommodations that are family friendly and a little more comfortable," Kathryn says. "Many of the hotels in the SPG program have cribs, rollaway beds, outlet covers and bottle warmers to make the stay with (our) baby just that much easier. The card



CONTRIBUTED

is not limiting and it gives us peace of mind when travelling with a baby."

Neither Daniel nor Kathryn have any plans to stop travelling in the near future. Kathryn says, "We know our daughter

will eventually start school, but for us it's important to travel with our little one wherever we go. We want her to experience the world with us and there is no better way to do that than through travel."

SWEET REWARDS OF BONUSES

USE CASH BACK PROGRAMS TO EASE BUDGETARY STRESS

It's no secret that the cost of everyday living in Canada is on the rise — everything from gas to groceries to going out for dinner. So how are savvy families preparing for the budget-breaking holiday season?

According to Susan Misner, co-founder of popular personal finance website GoldenGirlFinance.ca, rewards programs can help ease the budgetary stress.

Misner is a proponent of fiscal restraint and is always cautious when using credit (yes, she pays the balance off in full each month).

"I use my TrueEarnings Card for all major purchases, pay off the balance each month, and await the sweet reward of a cash bonus."

The TrueEarnings Card from Costco



IZABELA RACHWAŁ PHOTO

and American Express offers an annual cash back rebate on all card member spending at a rate of three per cent on

spending at restaurants, up to two per cent on gas purchases, and up to one per cent on all purchases at Costco and elsewhere.

According to a recent study conducted by Angus Reid on behalf of American Express, cash back rewards are viewed as a good way to save money, with 53 per cent indicating that it would be a good way to save for a rainy day, and 30 per cent saying that they would likely save the money instead of spending it.

"After years of collecting airline points on our credit card purchases, we have to say we prefer getting the cash," says Misner. "As much as we love to travel, we don't always have the flexibility to use our airline points."

The same survey found that 68 per cent of Canadians like the idea of getting cash back on their credit card purchase because they can use it for whatever they want.

Misner agrees with this sentiment. "We spend so much on groceries, gas and all those boring must-do household purchases that it feels downright refreshing to know we are racking up some bonus money on purchases we would have made anyway."

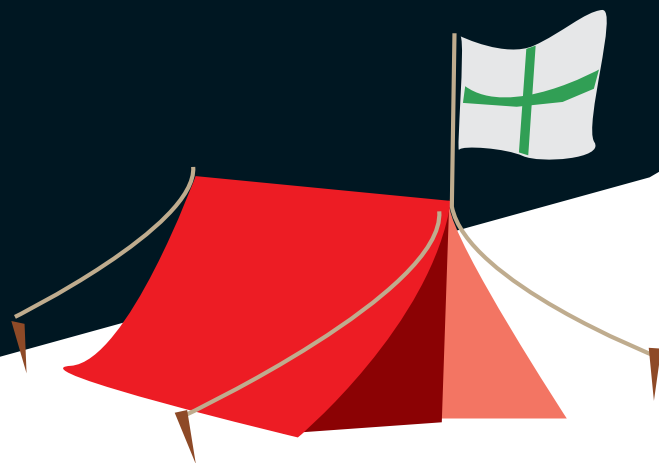
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The boom in boomer business

Alison on Money.
Canadian boomers giving 'retirement' a whole new meaning



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's the classic Canadian retirement scenario: Travel, time with the grandkids, golf and gardening. Sound good?

Not according to a whole bunch of about to "retire" Canadians. A recent survey conducted for TD Canada Trust found an astonishing 54 per cent of boomers nearing retirement had either started a small business (15 per cent) or were contemplating it (39 per cent.)

After operating my own small business (writing) for more than 30 years, the idea of becoming an entrepreneur near retirement seems, well, kind of tiring.

I assumed the rush to be a late life startup relates to worries about retirement income. Unfortunately, that question wasn't directly asked. However, 53 per cent did want more money and 32 per cent said that opening a business was part of a retirement strategy.

But for the majority, the motivation doesn't seem to be about money. Fifty-eight percent just want to be their own boss.

Warning! When you operate a business you don't just have one boss; often you have many and it can be hard to serve numerous masters well.

I can understand starting a business that capitalizes on existing skills and contacts to supplement retirement income. This is a natural progression with no steep learning curve.

I guessed that many of those surveyed would follow this path.

Wrong again. Sixty-seven percent intend to venture into something that has nothing to do with their day job. This is where I worry. It's a special person who can start and run a small business after a lifetime of being an employee.

Forty-two percent of



Not too early to start holiday shopping



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

On Thanksgiving Monday, my family pulled names from a Santa hat for our Secret Santa

gift exchange that will take place over the Christmas holidays. Though it may seem a bit early, with limits of \$150 per gift, and only one gift per person, we're ready to start shopping.

According to a poll conducted by Retailmenot.com in

October, approximately 40 percent of consumers start holiday shopping at the beginning of November.

But, 70 percent of respondents still have a dismal view of the economy and nearly 25 percent are concerned about being able to afford their holiday purchases over the next few months.

Start your holiday shopping early this year and save a bundle.

Having more time to shop is beneficial because you'll be less likely to cave-in to last minute impulse purchases.

You'll have more time to get organized, source out deals, and find coupons.

The IPSOS poll conducted in November of 2011 revealed that Canadians spend approximately \$650 on holiday shopping. If you're like most Canadians and get paid twice a month, you have approximately five pay cheques to go before the holidays are here.

If you spread out your purchases equally between each pay period, which will allow you to ease up on your cash flow, you'll spend approximately \$130 per cheque (\$650 divided by five pay cheques).

If your pay cheques are 100 per cent maxed out, generate some extra cash by working overtime or doing freelance work like writing or cleaning up yards.

Cut out parking expenses and take the bus or Car2Go instead. Forgo eating out and make meals at home. Sell underutilized goods from your house on Kijiji; ensure you post a good picture, description and price it right. Raise your insurance deductible, which can save hundreds each month.

If you're heading down to the U.S. for work or pleasure, pick up your gifts while you're away. With higher duty-free limits, a strong Canadian dollar, greater selection and deep discounts (related to a struggling U.S. economy), you can save big dollars on gifts.

While you're loading up on bulk toilet paper at Costco, look for discounted gift ideas.

Each year I purchase an on-sale box of 12 bottles of quality wine, from a local bulk distributor, which I keep on hand for gifts and dinner parties. I also try to buy more expensive gifts at bulk distributors because their buying power is strong and translates into savings for me.

Rather than stretching your budget to purchase little gifts for everyone in the family, try a Secret Santa where you draw names and only buy one gift.

Alternatively, talk to your family about having a 'lean' holiday season where you exchange small items, baking, or simply spend time together rather than spending money.

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Travel from: November 1, 2012 to February 7, 2013

Blackout dates from December 13, 2012 to January 8, 2013

Book your flights or vacation package at westjet.com.



*Seasonal start and end dates apply. Book by October 18, 2012 (11:59 p.m. MT) for travel from November 1, 2012 to February 7, 2013. Blackout dates from December 13, 2012 to January 8, 2013. For Canadian destinations travel on Mondays, Tuesdays, Wednesdays and Saturdays. For U.S. destinations travel on Mondays, Tuesdays and Wednesdays. For Mexico and Caribbean destinations travel on any day of the week where WestJet offers scheduled service. Flights may not operate on certain days. Seat sale fares are discounted from WestJet's lowest regular fare, apply only to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our code-share, interline or other airline partners. Sale vacation packages are discounted by a reduction in the price of the air component of the package. New bookings only. Non-refundable. Offer limited and subject to availability. Advance purchase required. Other restrictions may apply. See westjet.com for full seat sale details. **Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.**

the budding entrepreneurs admit that financing is going to be the big challenge. As a public service I will save them some trouble. They won't get any. A line of credit is likely to be their best and only friend.

On the plus side, boomers have tons of experience — most have weathered difficulties and disappointments. They're also more likely to know how to ask for help and admit mistakes than the younger set. Learning to park your pride takes time.

Another plus. You can't golf or garden in the snow. But weather is no barrier to messing about with a grand idea.



Contact Alison at griffiths.alison@gmail.com or www.alisongriffiths.ca



A recent survey shows 54 per cent of boomers nearing retirement had either started a small business or were contemplating it. ISTOCK IMAGES

BIGGER PICTURE

LET SCOTIABANK HELP YOU EXPAND YOUR BUSINESS

Jeff Morris shared a dilemma with the thousands of Canadians who run small, successful businesses: How to expand safely.

Morris' company, Two Dogs Media, specializes in professional corporate videos. He started the company in 2005 with a relatively simple business model: Maintain a home office and rely on a network of freelancers — camera operators, editors and writers — to produce and deliver top-quality videos. The model reflected his skill set as a former actor with significant experience in sales. Two Dogs Media thrived and Morris soon began to dream of expanding to meet growing demand.

"Production costs today are a fraction of what they were five or 10 years ago,"



ISTOCKPHOTO/THINKSTOCK

he says. "Yet, many larger and established firms continue to charge relatively high fees for fairly simple productions. I can compete successfully against these firms on price and quality. In many cases, though, I'd lose out because I didn't have a studio in downtown Toronto."

Toronto's downtown core is home to hundreds of corporations. Many of their video productions feature corporate executives in on-camera roles. To minimize travel time, executives often prefer to record in downtown studios,

often on short notice. This put Morris at a decided disadvantage.



Expansion was the only realistic solution; to do that, however, Morris needed access to capital. He developed a business plan and shared it with a few bankers, with little success. Everything changed for the better once Morris started working with Scotiabank.

"They understood my business model and recognized the opportunity in the market right away," says Morris. "They helped me refine my business plan,

5 KEY EXPANSION QUESTIONS

- 1 Is the market large enough and accessible enough to support your growth?
- 2 Will the anticipated increase in sales offset the costs of additional staff, space, equipment, financing and overhead?
- 3 How will expansion affect your existing customers?
- 4 Can your current suppliers keep pace with your growth?
- 5 What impact will expansion have on your lifestyle, family life, and work-life balance?

reviewed my insurance policies, and provided me with a healthy line of credit to support expansion."

In January, Two Dogs Media opened a small, fully equipped studio on University Avenue in the heart of downtown. Morris now has two full-time employees and continues to hire freelancers on an as-needed basis. And business is booming.

"I meet regularly with Scotiabank staff," he says, "and I use my business plan like a road map to check how Two Dogs Media is doing and to set new targets and goals."

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Political pursuit.

When it comes to the job hunt, treat the search like you're vying for their vote

JULIA WEST
life@metronews.ca

A job search isn't that much different from a political campaign: You must outline a plan for your future and be able to clearly convey

your qualifications to potential employers.

And although you may not be sweating under the hot lights of a prime-time debate, it can certainly feel like it during an interview. That's why it's best to have a campaign strategy.

Count on your volunteers

Don't be embarrassed to hit up your network and let them know that you're looking to fill a new role at the right company.

"Just as politicians rely heavily on their supporters, so should you," says Uva

Know-it-all

Get a feel for the field

- You need to understand more than just your goals and strengths — you must also understand how your opponents and employers operate. "As with debate preparation, you need to know how the other side thinks," says author and career expert Tracey Wilen-Daugenti.
- "Research hiring managers, your possible boss and the company itself using online information and social network profiles."



Image-savvy politicians have meticulous campaign strategies — and you should, too. ISTOCK

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Professor puzzled. Subjects sans-knowledge

While serving as the director of a faculty development centre at Seattle University, Therese Huston noticed a recurrent complaint emerging from professors: "I'm being asked to teach a subject I never studied."

In 2009, Huston authored a self-help manual for profs coping with this dirty little secret of higher education, *Teaching What You Don't Know*. And, judging by the book's success, it's an all-too-common problem: The second edition will be released this month, and there's already an audio book on the market, perfect for ever-

commuting adjuncts.

"It became increasingly clear that one of the most stressful situations was when someone was teaching not just a new course in terms of preparation, but a new course in terms of having to learn new material," says Huston. "People were embarrassed to talk about that, but this is when they needed the most help."

Based largely on case studies of 28 professors from a wide range of colleges and universities, Huston tackles the issue from course preparation to final exams. "This is the

line," says Corbett. "However, if you have doubts about how you appear in an online photo or video, take it down."

Besides, if you're running for president one day, that photo may not be so harmless after all.



first book to talk openly about teaching outside of your expertise. Most books assume the opposite. So I had to look at the empirical literature differently to find research that might be relevant."

BRUCE WALSH, MW

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No regrets from Sinclair after four-game FIFA ban

Soccer. Canadian Olympic women's team captain was disciplined for behaviour toward official after loss to U.S.

It wasn't Christine Sinclair's scathing comments to the media that landed her in hot water, but her actions toward an official.

Canada's women's soccer captain received a four-game suspension from FIFA last Fri-

day for "displaying unsporting behaviour towards match officials after the match."

The 29-year-old from Burnaby, B.C., said she accepts FIFA's ruling, but has no regrets for her actions following Canada's heartbreaking 4-3 semifinal loss to the United States at the London Olympics.

"I don't regret what I said," Sinclair said on a conference call Monday. "We had just lost the chance at playing for an Olympic gold medal and that's a dream that all of us have, and it was a very intense time and

Quoted



"No, I don't ultimately believe that (Christiana Pedersen) went into the match hoping the U.S. would win."

Christine Sinclair when asked Monday if she truly believed the semifinal match against the U.S. was fixed by referee Christiana Pedersen

I was emotional and I wouldn't want to change that."

Sinclair was also fined 3,000 Swiss francs (\$3,152), plus 500 Swiss francs (\$525) as a processing fee. The Canadian Soccer Association will pick up the tab.

The CSA has requested the reasons for judgment from FIFA and expects to receive those in about 10 days.

Sinclair recorded all three goals for Canada in the Olympic semifinal at Old Trafford.

Canada had the lead until the Americans pulled even late in the second half before adding the winner in extra time.

Sinclair and several teammates lashed out publicly at referee Christiana Pedersen after feeling robbed in a loss they believed was decided by officials.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said after the final whistle. "It's a shame in a game like that, that was so important, the ref decided the result before it started."

THE CANADIAN PRESS

Cubans. Canada

FIFA head responds to defections

FIFA President Sepp Blatter plans to speak with Cuban officials after three national team players defected in Canada ahead of a World Cup qualifier last week.

The players disappeared nine months after two players with the Cuba women's team fled to the United States following a match against Canada in Vancouver.

Blatter said Monday that the defections had become "a presidential question" for FIFA and not just an issue for the competitions department.

THE ASSOCIATED PRESS



Canadians prepare for 'hell' of a match in Honduras

Canada's men's national soccer team gather for practice in San Pedro Sula, Honduras, on Monday. Canada faces Honduras in a key World Cup qualifying match on Tuesday. Canadian midfielder Julian de Guzman knows what to expect when he emerges onto the pitch at the Estadio Olimpico Metropolitano. "You're going to expect hell," the veteran of three World Cup qualifiers said Monday. NEIL DAVIDSON/THE CANADIAN PRESS

NHL. CBA talks to return to 'main issues' Tuesday

The key negotiators in the NHL's collective bargaining talks will look to start bridging the gap on economic issues when they resume negotiations.

A meeting between the league and union is scheduled for Tuesday morning where the sides will discuss "ideas for moving the process forward on the main issues," according to deputy commissioner Bill Daly.

Beyond that, there is no set agenda.

The session will feature the Big Four involved in talks — commissioner Gary Bettman and Daly for the NHL, and executive director Donald Fehr and special counsel Steve Fehr for the NHL Players' Association.

Neither side has formally tabled an offer since Sept.

Spinning wheels

The sides have maintained a frequent dialogue since the lockout was enacted on Sept. 15, but haven't reported much progress.

- Meetings have largely centred on secondary issues such as drug testing and grievance procedures, and the league has been pushing for the NHLPA to deliver a new proposal on the system for dividing up revenues.

12, when they each put one on the table. Both of those expired when the lockout started.

THE CANADIAN PRESS

CFL

Argonauts give Williams his walking papers

T.J. Williams paid a hefty price for missing a tackle.

The Toronto Argonauts released the rookie defensive back Monday after Williams missed a tackle on Montreal receiver Jamel Richardson in the Alouettes' 24-12 victory at Rogers Centre on Sunday.

Richardson scored on a 75-yard touchdown pass from Anthony Calvillo late in the third quarter. Williams had a shot at Richardson at about the Toronto 10-yard line and instead of making the tackle appeared to try to knock Richardson out of bounds.

But he ended up barely touching the Montreal receiver, who scored easily.

THE CANADIAN PRESS

NFL. Mood a little merrier with Buffalo back at .500

Shawne Merriman is back in Buffalo after the Bills resigned the free-agent pass-rushing star to bolster their banged-up defence.

The Bills (3-3) announced the signing Monday, after returning home from an extended West Coast trip, and a day after a 19-16 overtime win at Arizona worked them into a four-way tie for first place in the AFC East.

"You can never have too many guys that we believe can rush the passer," coach Chan Gailey said. "We'd rather not go into a game with just three defensive ends."

Merriman returns to the Bills two months after the team cut the three-time Pro Bowl selection, in part because it wanted to develop several younger players. Buffalo's priorities have since



Shawne Merriman with the Bills last October in Buffalo. GETTY IMAGES FILE

changed after the team's depth has been depleted at the defensive end. Veteran end Chris Kelsay said the adjustment will be easier since Merriman knows the territory. THE ASSOCIATED PRESS

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TOMORROW!

MLB

Girardi attends father's funeral

Jerry Girardi was memorialized Monday as a dedicated labourer who built the ranch-style Illinois home where he raised five highly successful children — two doctors, a math professor, an accountant and New York Yankees manager Joe Girardi.

The Yankees manager, who attended the funeral

service during an off day in the American League Championship Series, sat quietly alongside his family.

None of the Girardis spoke, and they left the church quickly to attend the burial in Tampico, the tiny Illinois town known as the birthplace of Ronald Reagan.

Jerry Girardi died Oct. 6 at a residential treatment centre in nearby Metamora, Ill., at age 81. He had suffered from Alzheimer's for years. **THE ASSOCIATED PRESS**

MLB. Tigers' pitching staff having terrific post-season

There were times this year when Justin Verlander took the mound while his team was reeling a bit — and the right-hander's presence was Detroit's best shot at snapping out of a momentary funk.

Now, the hard-throwing ace is in a different situation. Led by Verlander, the Tigers' rotation has been absolutely terrific this post-season, and his job is simply to keep this remarkable run going against the slumping New York Yankees.

"I think pitching, much like hitting, is contagious," Verlander said. "Guys go out there night in and night out and see guys have a good game, and the next day he wants to have a good game, so on and so forth. And I think that's what we are feeding on right now."

The Tigers won the first two games of the AL championship series in New York, holding the Yankees scoreless except for one brief uprising against closer-in-limbo Jose Valverde. With the exception of Valverde, no Detroit pitcher has allowed an earned run since Game 3 of the division series against Oakland.

Verlander takes the mound



Justin Verlander throws on Monday at Comerica Park in Detroit.

THE ASSOCIATED PRESS

Tuesday night in Game 3 of the ALCS. The reigning AL MVP won both his starts against the A's, throwing a shutout in the decisive fifth game. **THE ASSOCIATED PRESS**

Tough rotation

- Detroit's starters have posted an 0.94 ERA in the playoffs this year.
- The post-season record for a starting staff pitching at least seven games is 1.05, set by the 1920 Cleveland Indians, according to STATS LLC.



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Raptors Lowry ready for some action

NBA. Raptors point guard and Jose Calderon play different styles but both run the pick-and-roll effectively

Kyle Lowry is about to be unleashed and he cannot wait.

Having watched the first three Raptors pre-season games thanks to a balky groin, the point guard in his first year with the franchise is expected to play Wednesday night at home against Washington.

That courtside seat has given him a good look at what could be in store.

He's seen a promising young rookie in Jonas Valanciunas, a depth-shooting big man in Andrea Bargnani and the opportunity to work in the pick-and-roll with them opens all kinds of possibilities.

"They both do special things, one's a shooter, one's a great roller so it's going to be fun out there, getting in the pick-and-roll and getting some lay-

Quoted

"I'm going to be rusty but I'll try to pick up where I left off earlier in training camp. I haven't played in a game yet, but there are some things I've picked up on the team that I've seen watching on the sidelines." Toronto Raptors point guard Kyle Lowry

ups and getting some open shots," Lowry said following his second practice after sitting out for more than a week.

Even though the status of Jose Calderon for Wednesday's game is up in the air (Calderon practised Monday after missing a couple of days because of a tight hamstring but there is no word on his status) coach Dwane Casey seems excited about the possibilities both his guards present.

They play different styles, but both can be effective running basketball's bread-and-butter play.

"He can run the pick-and-roll be-

cause he's a smart guard," Casey said of Lowry, obtained in the summer from Houston for a first-round draft pick and Gary Forbes.

"He creates a problem just with his speed and strength and quickness. It's a different type of pick-and-roll attack. Jose approaches it more with intellect, conservative when he comes off reading where Kyle comes off with speed, quickness and he gets the defence to react in a different way.

"What you're trying to do in any pick-and-roll situation is to commit two (defenders) to the ball. Jose creates it coming off making shots or



Point guard Kyle Lowry, right, jokes with his teammate DeMar DeRozan at the Toronto Raptors Media Day on Oct. 1 at Air Canada Centre. STEVE RUSSELL/TORSTAR NEWS SERVICE

he's going to kick it back whereas if you stop Kyle, he's going to the basket."

The injury won't put any limits on the minutes Lowry can play against

the Wizards as Toronto plays its fourth of seven pre-season games. But while he's tried to stay aerobically fit during his

rehab, conditioning will dictate how long he plays.

"The thing about it is he's a student of the game, he's probably one of our smarter players, he won't miss anything intellectually, the only thing he'll miss will be conditioning," said Casey.

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MLB

AMERICAN LEAGUE

LEAGUE CHAMPIONSHIP SERIES

(Best-of-7; x-if necessary)

(Detroit leads series 2-0)

Sunday's result

Detroit 3 New York 0

Saturday's result

Detroit 6 New York 4, (12 innings)

Tuesday's game — All Times Eastern

New York (Hughes 16-13) at Detroit (Verlander 17-8), 8:07 p.m.

Wednesday's game

New York (Sabathia 15-6) at Detroit (Scherzer 16-7), 8:07 p.m.

Thursday's game

x-New York (Petititte 5-4) at Detroit (Fister 10-10), 4:07 p.m.

Saturday, Oct. 20

x-Detroit (Sanchez 4-6) at New York (Kuroda 16-11), 8:07 p.m.

Sunday, Oct. 21

x-Detroit (Verlander 17-8) at New York (Sabathia 15-6), 8:07 p.m.

NBA PRESEASON

Monday's results

Philadelphia 107 Boston 75

Orlando vs. Cleveland

Washington at Brooklyn

Houston at Dallas

Golden State at Denver

Portland at Sacramento

Sunday's results

L.A. Clippers 99 Miami 89

San Antonio 116 Houston 107

Memphis 110 Atlanta 102

Tuesday's games — All Times Eastern

Atlanta at Indiana, 7 p.m.

Brooklyn at Boston, 7:30 p.m.

Orlando at Detroit, 7:30 p.m.

Milwaukee at Chicago, 8 p.m.

Charlotte at Oklahoma City, 8 p.m.

Utah vs. L.A. Lakers at Anaheim, CA, 10 p.m.

Wednesday's games

Washington at Toronto, 7 p.m.

Cleveland at Philadelphia, 7 p.m.

Memphis at Houston, 8 p.m.

Phoenix at Dallas, 8:30 p.m.

Golden State at Sacramento, 10 p.m.

Denver at Portland, 10 p.m.

Utah at L.A. Clippers, 10:30 p.m.

GOLF

WORLD GOLF RANKINGS

1. Rory McIlroy	Nlr	12.51
2. Tiger Woods	USA	9.37
3. Luke Donald	Eng	8.93
4. Lee Westwood	Eng	7.00
5. Justin Rose	Eng	6.27
6. Adam Scott	Aus	6.18
7. Bubba Watson	USA	6.02
8. Webb Simpson	USA	5.87
9. Brandt Snedeker	USA	5.83
10. Jason Dufner	USA	5.76
11. Steve Stricker	USA	5.54
12. Louis Oosthuizen	Saf	5.48
13. Matt Kuchar	USA	5.33
14. Dustin Johnson	USA	5.27
15. Keegan Bradley	USA	5.25
16. Zach Johnson	USA	5.10
17. Phil Mickelson	USA	4.99
18. Graeme McDowell	Nlr	4.66
19. Sergio Garcia	Esp	4.64
20. Hunter Mahan	USA	4.56
21. Nick Watney	USA	4.49
22. Ernie Els	Saf	4.49
23. Jim Furyk	USA	4.00
24. Bo Van Pelt	USA	3.97
25. Peter Hanson	Swe	3.91

NATIONAL LEAGUE

LEAGUE CHAMPIONSHIP SERIES

(Best-of-7; x-if necessary)

(St. Louis leads series 1-0)

Monday's result

St. Louis at San Francisco

Sunday's result

St. Louis 6 San Francisco 4

Wednesday's game — All Times Eastern

San Francisco (Cain 16-5) at St. Louis (Lohse 16-3), 4:07 p.m.

Thursday's game

San Francisco (Zito 15-8) at St. Louis (Wainwright 14-13), 8:07 p.m.

Friday's game

x-San Francisco (Bumgarner 16-11) at St. Louis (Lynn 18-7), 8:07 p.m.

Sunday, Oct. 21

x-St. Louis (Carpenter 0-2) at San Francisco (Vogelsong 14-9), 4:37 p.m.

Monday, Oct. 22

x-St. Louis (Lohse 16-3) at San Francisco (Cain 16-5), 8:07 p.m.

TRANSACTIONS

MLB

MINNESOTA TWINS — Announced the retirement of director of minor league operations Jim Rantz.**CINCINNATI REDS** — Agreed to terms with manager Dusty Baker on a two-year contract extension.**PHILADELPHIA PHILLIES** — Named Wally Joyner assistant hitting coach.

NBA

SACRAMENTO KINGS — Waived C Cyril Acree.

NFL

BUFFALO BILLS — Signed DE Shawne Merriman. Released DT Jay Ross and C David Snow.
CHICAGO BEARS — Signed TE Brody Eldridge to a one-year contract. Released RB Kahili Bell.
JACKSONVILLE JAGUARS — Signed S Chris Harris. Released CB Kevin Rutland.

LPGA MONEY LEADERS

1. Inbee Park	Trn	Money
2. Stacy Lewis	22	\$1,954,608
3. Na Yeon Choi	19	\$1,620,471
4. Ai Miyazato	19	\$1,388,976
5. Jiyai Shin	19	\$1,213,038
6. Azahara Munoz	15	\$1,179,419
7. Yani Tseng	22	\$1,103,851
8. Mika Miyazato	19	\$1,092,196
9. Shanshan Feng	18	\$1,081,534
10. Seon Yeon Ryu	16	\$1,054,304
11. Karrie Webb	20	\$1,017,391
12. Amy Yang	18	\$817,574
13. Sun Young Yoo	19	\$798,329
14. Paula Creamer	21	\$765,281
15. Angela Stanford	20	\$764,941
16. Suzann Pettersen	20	\$672,704
17. Chella Choi	22	\$562,596
18. Brittany Lang	22	\$529,458
19. Anna Nordqvist	22	\$527,907
20. Hee Kyung Seo	21	\$520,058
21. Cristie Kerr	19	\$517,338
22. I.K. Kim	17	\$510,471
23. Lexi Thompson	19	\$495,959
24. Sandra Gal	22	\$466,755
25. Brittany Lincicome	21	\$447,669

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Kansas City	32	17	7	8	40	26	59
x-Chicago	32	17	10	5	45	39	56
D.C. United	32	16	10	6	49	40	54
New York	32	15	9	8	54	46	53
Houston	32	13	8	11	45	38	50
Columbus	32	14	11	7	40	40	49
Montreal	32	12	15	5	45	50	41
Philadelphia	31	10	15	6	35	37	36
New England	32	7	17	8	37	44	29
Toronto	32	5	20	7	35	60	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	32	19	6	7	69	40	64
x-Real Salt Lake	32	17	11	4	46	35	55
x-Seattle	31	14	7	10	48	31	52
x-Los Angeles	32	15	12	5	56	45	50
Vancouver	32	11	12	9	35	40	42
Dallas	32	9	12	11	39	42	38
Colorado	32	9	19	4	40	50	31
Portland	32	7	16	9	32	55	30
Chivas USA	32	7	17	8	22	54	29

x — Clinched playoff berth.

Wednesday, Oct. 17 — All Times Eastern

Real Salt Lake at Seattle, 11 p.m.

Saturday, Oct. 20

Montreal at Toronto, 1:30 p.m.

Kansas City at New York, 7 p.m.

Chicago at New England, 7:30 p.m.

Philadelphia at Houston, 7:30 p.m.

Columbus at D.C. United, 7:30 p.m.

Colorado at Chivas USA, 10:30 p.m.

2014 WORLD CUP QUALIFYING

GROUP A	GP	W	D	L	GF	GA	PT
Guatemala	5	3	1	1	8	5	10
U.S.	5	3	1	1	8	5	10
Jamaica	5	2	1	2	5	5	7
Antigua	5	0	1	4	3	9	1

FRIDAY'S RESULTS

At St. John's, Antigua and Barbuda

U.S. 2 Antigua and Barbuda 1

At Guatemala City

Guatemala 2 Jamaica 1

TUESDAY'S GAMES — All Times Eastern

At Kingston, Jamaica

Jamaica vs. Antigua, 7:15 p.m.

At Kansas City, Kan.

U.S. vs. Guatemala, 7:15 p.m.

GROUP B	GP	W	D	L	GF	GA	PT
x-Mexico	5	5	0	0	13	2	15
Costa Rica	5	2	1	2	7	5	7
El Salvador	5	1	2	2	8	9	5
Guyana	5	0	1	4	5	17	1

x — Clinched berth in regional final.

FRIDAY'S RESULTS

At Houston

Mexico 5 Guayna 0

At San Salvador, El Salvador

Costa Rica 1 El Salvador 0

TUESDAY'S GAMES

At San Jose, Costa Rica

Costa Rica vs. Guyana, 9 p.m.

At Torreon, Mexico

Mexico vs. El Salvador, 9 p.m.

GROUP C	GP	W	D	L	GF	GA	PT
Panama	5	3	1	1	5	1	10
Canada	5	3	1	1	5	2	10
Honduras	5	2	2	1	4	2	8
Cuba	5	0	0	5	0	9	0

FRIDAY'S RESULTS

At Toronto

Canada 3 Cuba 0

At Panama City, Panama

Panama 0 Honduras 0

TUESDAY'S GAMES

At San Pedro Sula, Honduras

Honduras vs. Canada, 4 p.m.

At Havana

Cuba vs. Panama, 4 p.m.

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	15	9	6	0	406	417	18
Toronto	15	7	8	0	339	381	14
Hamilton	15	5	10	0	438	481	10
Winnipeg	15	4	11	0	295	460	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-B.C.	15	11	4	0	402	288	22
x-Calgary	15	9	6	0	430	350	18
Saskatchewan	15	8	7	0	397	327	16
Edmonton	15	7	8	0	351	354	14

x — Clinched playoff berth.

Sunday's result

Montreal 24 Toronto 12

Saturday's results

Calgary 32 Winnipeg 21

Edmonton 37 Saskatchewan 20

Friday's result

B.C. 37 Hamilton 17

WEEK 17

Friday's games — All Times Eastern

Winnipeg at Toronto, 7 p.m.

Edmonton at B.C., 10 p.m.

Saturday's games

Montreal at Saskatchewan, 3:30 p.m.

Hamilton at Calgary, 7 p.m.

SCORING LEADERS

x — scored two-point convert

	TD	C	FG	S	Pts
McCallum, BC	0	40	35	7	152
Congli, Ham	0	41	32	1	138
Paredes, Cal	0	38	33	1	138
Whyte, Mtl	0	42	29	7	136
Palardy, Wpg	0	24	32	5	125
Shaw, Edm	0	35	26	9	122
Waters, Tor	0	18	25	6	99
DeAngelis, Sask	0	21	24	1	94
x-C.Williams, Ham	13	2	0	0	80
Dressler, Sask	11	0	0	0	66
Sheets, Sask	11	0	0	0	66
Milo, Sask	0	16	11	12	61

TENNIS

ATP-WTA KREMLIN CUP

At Moscow

MEN

Singles — First Round

Denis Istomin (6), Uzbekistan, def. Bjorn Phau, Germany, 5-7, 7-5, 6-1.
Lukas Rosol, Czech Rep., def. Daniel Gimeno-Traver, Spain, 7-6 (9), 7-6 (2).
Tatsuma Ito, Japan, def. Roberto Bautista-Agut, Spain, 6-3, 1-6, 6-2.
Malek Jaziri, Tunisia, def. Rajeev Ram, U.S., 6-3, 6-1.

Doubles — First Round

Carlos Berlocq, Argentina, and Alex Bogomolov, Jr. (3), Russia, def. Lukas Dlouhy, Czech Rep., and Alexandr Dolgoplov, Ukraine, 6-7 (2), 6-3, 10-5.

WOMEN

Singles — First Round

Lucie Safarova (8), Czech Rep., def. Margarita Gasparyan, Russia, 6-3, 4-6, 6-2.
Sofia Arvidsson, Sweden, def. Bojana Jovanovski, Serbia, 6-2, 6-4.
Klara Zakopalova, Czech Rep., def. Alexandra Cadantu, Romania, 6-3, 6-3.
Urszula Radwanska, Poland, def. Francesca Schiavone, Italy, 6-3, 6-1.

Doubles — First Round

Maria Kirilenko and Nadia Petrova (2), Russia, def. Karolina and Kristyna Pliskova, Czech Rep., 6-4, 4-6, 11-9.

Lindsay Lee-Waters and Megan Moulton-Levy, U.S., def. Alize Cornet, France, and Alicja Rosolska, Poland, 7-6 (7), 6-7 (5), 10-5.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	3	3	0	.500	133	141
New England	3	3	0	.500	188	137
Miami	3	3	0	.500	120	117
Buffalo	3	3	0	.500	137	192

SOUTH

	W	L	T	Pct	PF	PA
Houston	5	1	0	.833	173	115
Indianapolis	2	3	0	.400	100	145
Tennessee	2	4	0	.333	114	204
Jacksonville	1	4	0	.200	65	138

RG3's speed a real game-changer

NFL. QB returned from concussion on Sunday to help Washington improve to 3-3

Six Minnesota Vikings blitzed. Six Washington Redskins blocked. Robert Griffin III read the moment perfectly, a rookie seeing the play like a seasoned veteran. There would be no one to stop him if he took off.

It's long been known that a running quarterback changes the dynamic of a game. When that quarterback can travel the final 60 yards of a 76-yard touchdown run in about six seconds — while wearing pads, carrying the ball and looking

back at chasing defenders, as Griffin did on Sunday — then it truly is a whole new ballgame.

"It's been 10-on-11, offensive guys vs. defensive guys," Redskins fullback Darrel Young said. "If you put a guy in that position where he can run, it's 11-on-11."

Defences will watch the video of the Redskins' 38-26 win over the Minnesota Vikings and wonder what they can do to stop the Heisman Trophy winner and former Big 12 hurdle champion who already knows how to survey an NFL defence.

"I saw the blitz," said Griffin, describing the third-and-6 that produced the 76-yard run. "And I was thinking I'm either going to throw hot, or if they miss

Happy feet

- Griffin's 76-yard touchdown run put the game away in the fourth quarter and dismissed any thoughts that Griffin would be affected by a concussion suffered a week earlier.

- He ranked 14th in the NFL in rushing as of Monday

with 379 yards, far and away ahead of any other quarterback.

- He's also the only starting QB completing more than 70 per cent of his passes and has thrown only two interceptions through six games.

this blitz and don't hit it the right way, I'm going to run for the first. I saw that they missed it, took off running."

Behind Griffin, the Redskins are 3-3 — even with about one-third of the NFL — and next week's game against the New

York Giants is their first against an NFC East opponent.

"One of the great things about youth is that you don't know," veteran linebacker London Fletcher said. "He doesn't realize how hard it is to win in this league." **THE ASSOCIATED PRESS**



Robert Griffin III walks off the field after the Washington Redskins defeated the Minnesota Vikings 38-26 Sunday in Landover, Md. PATRICK McDERMOTT/GETTY IMAGES

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Horoscopes

Aries

March 21 - April 20

You may be a bit short-tempered today, especially where money matters and business issues are concerned. If you let your negative feelings get the better of you, bad and divisive words could follow. It's really no big deal.

Taurus

April 21 - May 21

You may not be lacking in confidence but confidence is not what you need more of today — you need more common sense. If you take on too much or challenge someone who is bigger than you, the results won't be pretty.

Gemini

May 22 - June 21

You must not allow loved ones and colleagues to pile more work on your plate. Be wary of those who try to use emotional blackmail to get their way. You have nothing to feel guilty about, whatever they might say.

Cancer

June 22 - July 23

You may find it hard to keep your cravings in check over the next 24 hours and that could jeopardize a relationship that is fragile. Variety may be the spice of life, but do you really have to sample everything?

Leo

July 24 - Aug. 23

Your home life and your working life will clash today. Only you can decide which means more to you, but think twice before you sacrifice your ambitions for the sake of a loved one. Would they do the same for you?

Virgo

Aug. 24 - Sept. 23

No matter how much others may irritate you today, you must keep your emotions under control. The planets warn if you say or do anything hurtful now, you will pay for it later.

Libra

Sept. 24 - Oct. 23

You may think that you will lose out if you don't make a quick decision but it isn't true. In fact, the longer you put off making a choice the more likely it is others will make the right choice for you.

Scorpio

Oct. 24 - Nov. 22

You will be even more imperious than usual today, maybe as an over-reaction to yesterday's new moon. Don't be too aggressive though or it could cost you. It will take time and effort to repair a damaged friendship.

Sagittarius

Nov. 23 - Dec. 21

Although you find it easy to get out into the world and make new friends, you also need to reserve some time and space for yourself. Stand back from the hustle and bustle today, and just enjoy being yourself.

Capricorn

Dec. 22 - Jan. 20

Take care you don't go over the top today, either at home or at work. If you do, you are sure to regret it. Tone down your act a bit and give your rivals more respect. They're not really enemies.

Aquarius

Jan. 21 - Feb. 19

Be nice to everyone you meet over the next 24 hours but especially to employers and people in positions of authority. The last thing you want is to give them an excuse to make life difficult for you.

Pisces

Feb. 20 - March 20

New ideas and new ways of doing things may look attractive but don't discard the old ways all in one go. Aim to get the balance right and get the best of both worlds — it's not really hard. SALLY BROMPTON

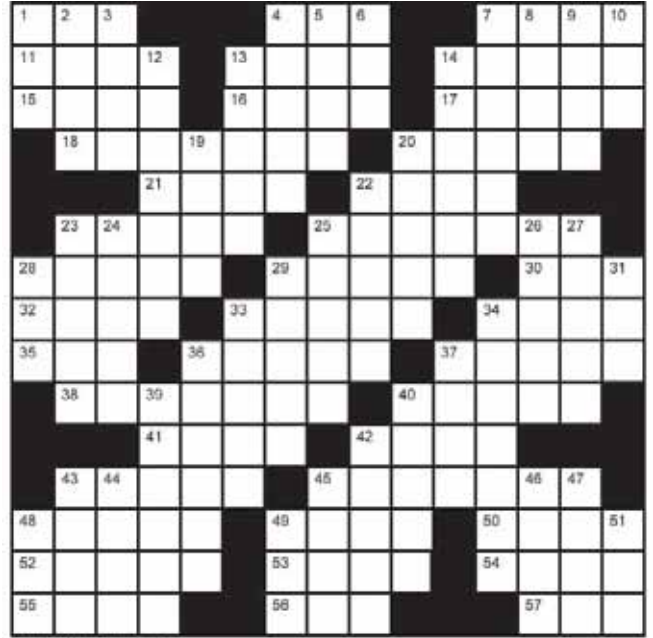
Canadian Singers Cross Each Other

Across

- Flower garden
- Official Parliament opposition: initialism
- Chief
- Allies' foe in WWII
- Belle's boyfriend
- Becomes weary
- Essence of an argument
- Bring in, as wages
- Raises, as children
- IMAX ____
- Burnaby, BC-born pop singer Michael
- Brains
- Dainty fabric
- Cathedral topper
- ____ Party: Canada's oldest federally registered party
- People buy Dr. Scholl's products for these
- Spelunking sites
- Box cover
- Online report
- Three goddesses of destiny, with "the"
- Voice type between soprano and tenor
- Soup container, often
- Buenos ____, Argentina
- Oak nut
- Alberta's third-largest municipality (after Calgary and Edmonton) (2 wds.)
- Decrease in intensity
- How a lazybones hangs around
- Brought to court
- Longed (for)
- Refer to incidentally
- Cake maker
- ____ et Chandon

Down

- Paper or plastic grocery item
- Egress
- Satellite TV receiver
- Approaches
- "Bet you can't," e.g.
- Sometimes groan-inducing bit of wordplay
- Justin ____: London, Ontario-born Never Say Never pop star
- Spoken
- Desiccated
- Serpentine warning
- Preparing a beef and vegetable dish
- Singer Midler or actress Davis
- Breaks from fighting
- Broadcasts
- Infants "in the woods"
- A cat has nine
- Alternative to fossil fuels
- On one's belly
- "Toodle-oo"
- Assign as one's share
- Gasoline unit
- Blue Jays' games airtier
- Mariah ____: 1990 Best New Artist Grammy



- winner
31. Controversial hockey commentator Cherry
33. Ballpark
34. Early French Canadian
36. Poisonous snakes
37. Aid, particularly someone in the commission of a crime
39. Informal roadside restaurants
40. Cousins' mothers
42. Shabby
43. Apply asphalt
44. Big name in home furnishings
45. No longer relevant
46. Rubaiyat poet Khayyam, actor Sharif, or House actor Epps
47. ____ Scotia
48. Dracula creature
49. Partisanarians, for short
51. Door opener

Yesterday's Crossword



What's online

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Yesterday's Sudoku

5	1	2	9	6	8	3	7	4
8	3	7	1	2	4	9	5	6
6	9	4	7	5	3	8	1	2
7	8	5	3	9	2	4	1	
3	4	1	6	8	2	7	9	5
9	2	5	4	7	1	6	3	8
1	8	3	2	9	5	4	8	7
2	5	9	8	4	7	1	6	3
4	7	8	3	1	6	5	2	9

Today

12°/6°

Partly cloudy

Wednesday

19°/9°

Variable

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